

Fridley Public Schools
**Community
Education**



Lifelong Learning: Opportunities for all ages!
www.fridley.k12.mn.us | 763-502-5100

New online registration system! Check out page 54 for more details.

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Fridley Public Schools Kindergarten Registration for 2014-2015 School Year



The Fridley Schools offer a free full day, every day kindergarten program. Parents of incoming kindergartners should receive a letter from their elementary school in March with detailed information about the registration day, April 7. If you do not receive information please call your elementary school for more information.

Hayes Elementary
615 Mississippi Street
763-502-5202

R.L. Stevenson Elementary
6080 East River Road
763-502-5302

Fridley Public Schools is proud to offer 4 star rated preschool programs to prepare your child for school success. We received our four star rating July 2013.



More award winning opportunities for children!

- ▶ Youth Enrichment Programs
- ▶ Early Childhood/Family Education Programs
- ▶ Tiger Club Childcare Programs
- ▶ Tiger Club 2014 Summer Program

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The abbreviations listed below denote the locations of the classes listed on the following pages of the brochure.

FRIDLEY SCHOOLS

(FCC) Fridley Community Center
6085 Seventh Street NE

(FHS) Fridley High School
6000 West Moore Lake Drive

(FMS) Fridley Middle School
6100 West Moore Lake Drive

(HES) Hayes Elementary School
615 Mississippi Street NE

(SES) Stevenson Elementary School
6080 East River Road

OTHER FACILITIES

(CHHS) Columbia Heights High School
1400 49th Ave., NE, Columbia Heights

(SACC) St. Anthony Community Center
3301 Silver Lake Road NE, St. Anthony

(SAHS) St. Anthony High School
3303 – 33rd Avenue NE, St. Anthony

(WPS) Wilshire Park School
3700 Highcrest Road, St. Anthony

District Policy

It is our policy not to discriminate on the basis of gender, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.

FRIDLEY COMMUNITY EDUCATION

6085 Seventh Street NE,
Fridley, MN 55432
Phone: 763-502-5100

Office Hours
Monday – Friday, 8:00 am – 4:00 pm

The Community Education office will be closed
April 18, May 26, July 4th, and September 1.

Toni Craft
Director
763-502-5104

Jonele Jensen
Secretary
763-502-5102

Joan Lenzmeier
Early Childhood Coordinator
763-502-5124

Stephen Keeler
Adult Enrichment, Facilities
& Aquatics Coordinator
763-502-5106

Kristi Sabby
Tiger Club Coordinator
763-502-5119

Sally Hanson
Youth Enrichment Coordinator &
Tiger Club Assistant Coordinator
763-502-5135

Dan Wold
Community Outreach & Engagement Coordinator
763-502-5631

Adult Enrichment

ARTS, CRAFTS & TEXTILES

Painting with Acrylics

Whether you're a beginner or an experienced painter, this class is for you! We'll start with the basic concepts of painting: color, composition, and technique. For inspiration, we'll become acquainted with some famous artists and their work. *Participants should request a supply list when registering.*

#6001 Tue/April 22 - June 24
9:30-11:30 AM FCC-Room 107
Kathleen Buchanan \$60.00 (10 sessions)



COMPUTERS & TECHNOLOGY

SMARTPHONES & TABLETS

Technology Classes with Froogaled

Froogaled offers educational courses covering a variety of subjects. We understand that most people buy new technology so they “stay-up-to-date”. While this is a great start, it’s only half the battle, knowledge is the other half. Froogaled is here to provide you with the knowledge you need to be successful with your device.



Android Operating System (OS) Series

Did you just buy a new Android tablet or Smartphone? Had your device for awhile and want to go further? Do you have questions on how to use your smartphone or tablet to its fullest capabilities? Come to this six week progressive based course and get all your questions answered! **Sign up for all six classes & the 6th Q&A session is FREE. Participants also receive a FREE lifetime membership in any of Caleb's future classes if you sign up for all 6!** *Participants may sign up for classes on an individual basis but taking the entire series is highly encouraged. Bring your smartphone and/or tablet to class.*

Android OS 1

In week one of this progressive based course we will learn about the basics of using your phone, making calls, your contacts, device interactions, device buttons, downloading apps, sending texts, and some useful tips and tricks you may not know.

#6050A Tue/April 8
6:30-8:30 PM FCC-Room 109
Froogaled \$21.00 (1 session)

Android OS 2

In week two we will cover: Sending an E-mail, your G-mail account, the calendar, the settings menu, and staying safe.

#6050B Tue/April 15
6:30-8:30 PM FCC-Room 109
Froogaled \$21.00 (1 session)

Android OS 3

In week three we will be learning about: social networking apps, using the camera and camcorders features, navigation and Google Maps. Also, we will be covering my top apps and what they do.

#6050C Tue/April 22
6:30-8:30 PM FCC-Room 109
Froogaled \$21.00 (1 session)

Android OS 4

Week four we will cover: making video calls, using a web browser, utilizing the Cloud, using your smartphone/tablets connection to your computer, and getting the right apps to make your life easier.

#6050D Tue/April 29
6:30-8:30 PM FCC-Room 109
Froogaled \$21.00 (1 session)

Adult Enrichment

Understanding and Utilizing Your Gmail Account

In week five we will be learning about your G-mail account and why/how it powers your Android devices. We will also cover in depth all of Google's free services and how to use them. Bring laptop to class if possible.

#6050E Tue/May 6
6:30-8:30 PM FCC-Room 109
FroogalED \$21.00 (1 session)

Android OS Q&A

Still have questions about or need help with your Android powered device? Come to this Q&A session to get hands on help and all of your questions answered! **Note:** This class is FREE for those who have taken the five classes prior to the Q&A session. You must call to register for the free session. *Bring your smartphone and/or tablet AND your laptop if you have Computer based Google Services or G-mail questions.*

#6050F Tue/May 13
6:30-8:30 PM FCC-Room 109
FroogalED \$10.00 (1 session)

TECHNOLOGY CLASSES WITH MIKE PAHL



Mike Pahl has been a "geek" his entire life. From 2006 to 2011 he worked at Apple Store. In 2011, he started Nice Guy Technology where he helps people get the most out of technology. He has taught over 250 community education classes since 2011.



Get to Know Your iPad

Have questions about your iPad or iPad Mini? Join this class to get the answers you need. Learn about the hardware, accessories, Lock Screen, Home Screen, and the App Store. *Bring your iPad or iPad Mini to class.*

#6051A Tue/April 8
6:30-8:30 PM FCC-Room 107
Mike Pahl \$21.00 (1 session)

iPad - Beyond The Basics

Learn how to get the most out of Mail, Contacts, Calendar, Reminders, and iCloud. iCloud allows you to sync information, share photos, locate your device, and backup your iPad. *Bring your iPad or iPad Mini to class.*

#6051B Tue/April 15
6:30-8:30 PM FCC-Room 107
Mike Pahl \$21.00 (1 session)

iPad - Tricks Of The Trade

Join this class to learn how to get the most out of Safari, Siri, and Maps. You will learn how to use multi-touch gestures, spell check, copy and paste, and other neat tricks as well! *Bring your iPad or iPad Mini to class.*

#6051C Tue/April 22
6:30-8:30 PM FCC-Room 107
Mike Pahl \$21.00 (1 session)

iPad - Exploring Entertainment

This class is all about Photos, Music, Videos, and E-Books. Mike will show you how to: sync photos and music from your computer, purchase media from iTunes, use AirPlay, download e-books, and get the most out of the Photos app. *Bring your iPad or iPad Mini to class.*

#6051D Tue/April 29
6:30-8:30 PM FCC-Room 107
Mike Pahl \$21.00 (1 session)

Adult Enrichment

SOCIAL NETWORKS

LinkedIn for Beginners: Building your profile A LinkedIn profile is more than just a resume. It is a powerful tool and resource that job seekers can utilize to get in front of potential employers. You are in total control of what others see and by leveraging this tool you can showcase your skills and talents so the right people find you. This workshop is designed for those who need help getting started on building their LinkedIn profile and for those who could use help improving their existing profile on LinkedIn.

#6052A **Mon/April 14**
6:30-8:30 PM **FHS-Media Center Lab**
Mary Scundi **\$21.00 (1 session)**

LinkedIn Intermediate: Advancing your profile

This workshop is designed for the job seeker that has an established LinkedIn profile and wants to learn more about how to better leverage the tools LinkedIn offers to maximize their job search.

#6052B **Mon/April 28**
6:30-8:30 PM **FHS-Media Center Lab**
Mary Scundi **\$21.00 (1 session)**

ONE-ON-ONE SESSIONS WITH STEPHEN KEELER



Stephen is a Community Education Coordinator for Fridley Public Schools. He has a passion for helping people get the most out of their technology. Each session is driven by your questions and individually catered to meet each participants needs. Space is limited so sign up today! Once registered Stephen will call to set-up an ap-

pointment time. Daytime and evening appointments are available.

Computer - One-on-One

Frustrated with your computer? Need help with basic computing skills? Schedule a one-on-one session through community education! Stephen is able to help with both

Mac and Windows operating systems.

#6053A **By Appointment**
Time TBD **FCC – Main Office**
Stephen Keeler **\$25.00 per hour**

iPad/iPhone - One-on-One

Do you own an iPhone or iPad? Do you feel as if you could be doing a whole lot more with it but don't really know where to start? Would you like a more peaceful setting to learn how to use your device than the often busy and hectic Apple Store? Come with your Apple device and your questions.

#6053B **By Appointment**
Time TBD **FCC – Main Office**
Stephen Keeler **\$25.00 per hour**

COOKING

***Special Note:** Directions to cooking classes: Enter through the Gymnasium Entrance (Door 16) located on the East Side of the building. There will be signs and a building monitor there to assist you upon entering the building.

COOKING CLASSES WITH LAUREL SEVERSON

Laurel is an extremely popular instructor throughout the Twin Cities. She holds degrees in Home Economics and Education from the University of Minnesota and has been teaching community education classes for over 12 years.



NEW- Glorious Garlic

Garlic makes for some delicious eating with over 100 million pounds grown in Gilroy, CA. Do your share by cooking and enjoying classic appetizers (Baba Ghanouj

Adult Enrichment

- a roasted eggplant dip and Bruschetta with Sun-dried Tomato Pesto). Garlic Soup is even better than its cousin French onion soup. Main Dishes in the class focus on 4 chicken recipes - Asian, Philippine Adobo with Pork, Almonds and the Famous Chicken with 40 Cloves of Garlic. Vegetables will include: Mashed Cauliflower, Mashed in 2 versions, Roasted Garlic Potatoes and Green Beans. Learn how to roast garlic and spread on French bread or use in recipes for a mild, slightly sweet flavor. Top your favorite steak with Mushrooms in a Warm Garlic Dressing. And you can skip buying mediocre garlic croutons after tasting the ones you create! Check out the delicious Greek dip called Skordalia made with mashed potatoes and almonds too. There is a \$15 supply fee payable to the instructor on the night of class.

#6101 **Tue/April 22**
6-9 PM **FHS-Room 113**
Laurel Severson **\$29.00 (1 session)**



NEW - Classic Northern Italian Dinner

Our evening feast will start with two classic appetizers, the first using prosciutto ham and mozzarella cheese (Spiedini alla Romana) and the second prosciutto wrapped melon to whet your appetite. We'll learn how to create two creamy risottos using Arborio rice, both the classic white risotto featuring the magnificent freshly grated Parmigiano Reggiano cheese as well as risotto with dried porcini mushrooms. A vegetable dish (Cicorie alla Griglia) highlights grilled Belgian endives. Zucchini, bell peppers and onions are also prepared in a similar manner. Our main dish is the popular Chicken Cacciatora (Pollo alla Cacciatora).

And to wrap up the evening, we'll master the sumptuous twice-baked almond cookie, Biscotti. There is a \$15 supply fee payable to the instructor on the night of class.

#6102 **Thur/May 22**
6-9 PM **FHS-Room 113**
Laurel Severson **\$29.00 (1 session)**



BAKING SECRETS WITH CAROL SCHAUB

Carol Schaub is an avid bread maker, teaches in 15 districts, and is an engaging and skilled instructor.

Mozzarella Cheese and Yogurt for Beginners

Participate in a hands-on experience making mozzarella cheese and yogurt. Discover how uncomplicated it is to make them at home and how much less they cost than store versions. Plus, they taste better, and are healthier for you because they don't contain the unnecessary additives of commercial products. Discuss how to make multiple types of cheese that your kitchen already has most of the equipment needed to create these popular items. Hand-out includes recipes for several different types of cheeses, recipes that utilize cheese and/or yogurt, and resource information for supplies. Bring two 1 cup containers with secure lids to take home mozzarella cheese and yogurt starter. *There is a supply fee of \$8 payable to the instructor.*

#6103 **Tue/April 17**
6:30-8:15 PM **FHS-Room 113**
Carol Schaub **\$29.00 (1 session)**

Adult Enrichment



Artisan Bread in 5 Minutes a Day

Learn to make savory, healthy breads in less than 5 minutes using dough that you mix in minutes (no kneading required). Students should bring: 5 quart mixing bowl with cover, a set of measuring cups and spoons, and a large wooden spoon. *There is an \$8 materials fee payable to the instructor on the day of the class.*

#6104 Wed/April 29
6:30-8:15 PM FHS-Room 113
Carol Schaub \$29.00 (1 session)



Supporting Our
Local Community
Since 1959



BoB's
Produce Ranch
MEATS • DELI • BAKERY

DAILY DELI SPECIALS

Mon: Soup \$1 off 8 oz and 16 oz
Tues: Sandwich Bar \$1 off per pound
Wed: All Sizes of Coke Fountain Pop - 99¢
Thurs: Our Own Chicken Pot Pie \$1 off
Fri: Salad Bar \$1 off per pound



Osborne and University Ave

DANCE

DANCE CLASSES WITH MONICA MOHN!

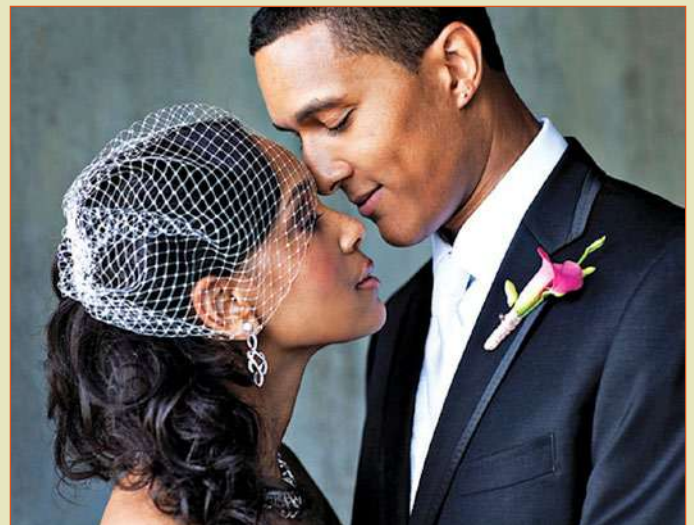
Monica Mohn has over 18 years of ballroom dance experience. She coached with the finest instructors in the USA, Canada and England, earning 3 "USA Dance" National Ballroom Dance titles and numerous dance awards.



Salsa Dance Workshop

You've thought about it so why not try it? This workshop is easy, economical and only 1 session! Geared to beginners and guided by a dance champion, you'll have basic patterns plus a couple of turns by the end of the session! More than enough satisfy your curiosity and provide a full night of dancing! *Couples and singles welcome!*

#6151 Mon/April 7
7-9 PM FCC-Gym
Monica Mohn \$20 per couple (1 session)
\$10 each



Crash Course! - Wedding Dance 101

Wedding coming up and wondering what to do? Then this workshop is for you! In just 2 hours, learn the common wedding dances Waltz, Foxtrot, Rumba and Slow Dance. *Couples only please. Bring your music.*

#6152 Tue/June 2
7-9 PM FMS-Main Gym
Monica Mohn \$20 per couple (1 session)

Adult Enrichment

DEFENSIVE DRIVING



Defensive Driving

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course. The course is two sessions of classroom instruction - no driving or test required. Please include your driver license number when registering. Senior discount already applied.

#6200A **Mon & Wed/May 19 & 21**
6 -10 PM **FCC-Room 109**
MN Safety Council **\$24.00 (2 sessions)**

#6200B **Tue & Thur/July 22 & 24**
6 -10 PM **FCC-Room 109**
MN Safety Council **\$24.00 (2 sessions)**

Defensive Driving Refresher

Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test. Please include your driver license number when registering. Senior discount already applied.

#6201A **Mon/April 14**
6 -10 PM **FCC-Room 109**
MN Safety Council **\$22.00 (1 session)**

#6201B **Thur/June 12**
6 -10 PM **FCC-Room 109**
MN Safety Council **\$22.00 (1 session)**

#6201C **Tue/August 12**
6 -10 PM **FCC-Room 109**
MN Safety Council **\$22.00 (1 session)**

FINANCE & BUSINESS

Retire With Confidence!

This workshop will address the common retirement income challenges, such as outliving one's savings, inflation risk, market volatility and unexpected life events. We will use historical data to analyze the probability of a successful retirement.

#6301 **Sat/April 5**
11-12 PM **FCC-Room 106**
Kevin Schwartz **\$12.00 (per person)**
 \$18.00 (per couple)

The A-B-C and Part D of Medicare

Seniors pay a much larger share of their income in out-of-pocket health costs that non-seniors do. Understanding the differences in the plans offered can reduce your cost. Learn the differences between Medicare Supplement plans and Medicare Advantage plans and how the addition of Part D (prescription) programs has contributed to the confusion many seniors experience. Regardless if you will soon become eligible for Medicare or you've been a participant for some time, this workshop will provide information about enrollment, eligibility, coverage, cost-efficiency and options. Come to this class and stay informed about Medicare in the 21st century.

#6302A **Wed/April 16**
7-9 PM **FCC-Room 107**
James Stringer **\$12.00 (1 session)**

#6302B **Tue/April 29**
7-9 PM **FCC-Room 107**
James Stringer **\$12.00 (1 session)**

#6302C **Wed/May 14**
7-9 PM **FCC-Room 107**
James Stringer **\$12.00 (1 session)**

#6302D **Wed/May 28**
7-9 PM **FCC-Room 107**
James Stringer **\$12.00 (1 session)**

#6302E **Thur/June 5**
7-9 PM **FCC-Room 107**
James Stringer **\$12.00 (1 session)**

Adult Enrichment



ESTATE PLANNING CLASSES WITH STEVE HELSETH

Steve is a summa cum laude graduate of Hamline University School of Law. He graduated with a Juris Doctorate degree and is now a practicing attorney in the areas of estate planning, real estate, probate and business.

Write Your Own Will

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class. NOTE: This is a "simple will" class, not appropriate for those who have assets in excess of one million dollars or who need a Trust as well. Couples must register individually.

#6303 **Wed/April 23**
6 -10 PM **FCC-Room 106**
Steve Helseth **\$60.00 (1 session)**

Healthcare Directive and Power of Attorney

If you become incapacitated, who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney. Students will leave the course with a valid Health Care Directive and Power of Attorney. Participants should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class.

#6304 **Tue/April 29**
6:30-8:30 PM **FCC-Room 106**
Steve Helseth **\$40.00 (1 session)**

Keeping the Cabin in the Family

Keeping property in the family and avoiding problems requires a good plan and solid professional advice. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family for generations to come.

#6305 **Tue/May 13**
6:30-8:30 PM **FCC-Room 106**
Steve Helseth **\$25.00 (1 session)**

NEW - Rejuvenate Your Retirement

This unique and comprehensive class focuses on financial strategies for lifestyle preservation, inflation protection and providing a legacy. However, money is only one aspect of post-retirement planning. Fun and fulfilling activities such as travel, hobbies, sports, crafts, socializing, business ventures and lifelong learning are very important in making the most of your retirement years. **A 143-page illustrated workbook is included in registration.**

#6306A **Thur/May 8 & 15**
1:30-3:30 PM **FCC-Room 109**
Nathan Krampe & **\$39 per couple (2 sessions)**
Sean McDermott **\$20 per person**

#6306B **Tue/May 13 & 20**
9:30-11:30 AM **FCC-Room 116**
Nathan Krampe & **\$39 per couple (2 sessions)**
Sean McDermott **\$20 per person**

FITNESS

Yoga

Learn how to make Yoga's basic exercises part of your daily life so as to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. **No class August 12.**

#6350A **Tue/April 15 - June 3**
7:30-9 PM **FCC-Room 114/116**
Michael Ledman **\$64.00 (8 sessions)**

#6350B **Tue/June 10 - July 29**
7:30-9 PM **FCC-Room 114/116**
Michael Ledman **\$64.00 (8 sessions)**

#6350C **Tue/August 5 - September 9**
7:30-9 PM **FCC-Room 114/116**
Michael Ledman **\$40.00 (5 sessions)**



Adult Enrichment



Yoga, Mindfulness

Explore a deeper mind-body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. *No class May 24.*

#6351A Sat/April 5 - May 10
10-11:30 AM FCC-Room 114/116
Michael Ledman \$48.00 (6 sessions)

#6351B Sat/May 17 - June 28
10-11:30 AM FCC-Room 114/116
Michael Ledman \$48.00 (6 sessions)

#6351C Sat/July 12 - August 23
10-11:30 AM FCC-Room 114/116
Michael Ledman \$56.00 (7 sessions)

MARTIAL ARTS BY MASTER ROBERT HOWARD

Robert has been teaching various forms of martial arts for over 22 years and holds numerous advanced black belt degrees.

Jeet Kune Do Fusion

Jeet Kune Do Fusion takes the best tactics of Hapkido along with the core principles of Jeet Kune Do (the art developed by Bruce Lee himself) and fuses them together creating an exciting self defense program designed specifically for adults. Good for men and women of all shapes and sizes. No athletic abilities required. Here's a program where you can learn valuable self protection

skills while having a good time and even work your way towards a Black Belt! There will be optional fees payable to the instructor for rank advancement and uniform. *No class May 26.*

#6352A Mon/April 7 - May 5
6:30-8:00 PM FCC-Room 116
Robert Howard \$100.00 (5 sessions)

#6352B Mon/May 12 - June 16
6:30-8:00 PM FCC-Room 116
Robert Howard \$100.00 (5 sessions)

#6352C Mon/June 23 - July 21
6:30-8:00 PM FCC-Room 116
Robert Howard \$100.00 (5 sessions)

#6352D Mon/July 28 - August 25
6:30-8:00 PM FCC-Room 116
Robert Howard \$100.00 (5 sessions)



T'ai Chi Chih

Experience joy through movement: T'ai Chi is a moving meditation of gentle moves for all ages. T'ai Chi Chih promotes greater health, heightens energy flow, reduces stress, and reveals an inner serenity. *A supplemental fee may be paid to instructor to receive 10 CEU's approved by MN Board of Nursing. Questions, call the instructor at 763-572-1115.*

#6353 Thur/April 10 - May 29
6-7 PM FCC-Room 116
Ron Barker \$50.00 (8 sessions)

Adult Enrichment

HEALTH & WELLNESS

Hypnosis - Weight Loss & Healthy Eating: Stop Smoking & Chewing Tobacco

Stop smoking immediately without withdrawal, weight gain, or cravings. Lose weight: Stop cravings and obsessions with food as well as overeating and snacking. Get motivated to exercise. The class begins with an introduction during the first hour, followed by Weight Loss Hypnosis in the second hour and Stop Smoking in the third hour. Participants should bring a pillow, blanket, sleeping bag, or bean bag for added comfort. Fee for both weight loss and stop smoking sessions is \$100. *All participants are required to attend the introduction. Not eligible for Inner Balance staff wellness discount.



#6401-Smoking **Mon/May 12**
6-8:45 PM **FCC-Room 112**
Dr. Mary Fischer **\$55.00 (1 session)**

#6401-Weight **Mon/May 12**
6-8:45 PM **FCC-Room 112**
Dr. Mary Fischer **\$55.00 (1 session)**



CPR/AED with First Aid for Adults, Children and Infants

Heartsaver CPR/AED with First Aid gives those who are not Healthcare Providers the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses until advanced medical personnel arrive and take over. Students will be certified by the American Heart Association for: Standard First Aid (1 to 3:30 PM) and/or CPR/AED for adults, children and infants (3:30 to 6 PM).

#6402 **Sat/April 26**
1-6 PM **FCC-Room 106**
Twin City Safety **First Aid Only - \$50**
 CPR/AED Only - \$50
 CPR/AED with First Aid - \$65

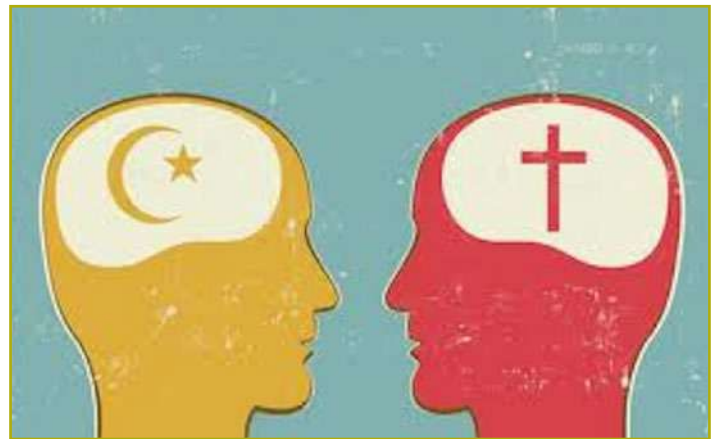
HISTORY & CULTURAL AWARENESS

WORLD RELIGION

What You always Wanted to Know about Islam & Muslims

Always wanted to learn more about Islam and Muslims? Register for this class and you will have a better understanding of what Islam teaches and what Muslims practice. The class will introduce basic terminology, demographics and differences between religion and culture. You will learn about the beliefs and practices of Muslims as well as religious celebrations. You will also have the opportunity to get your questions answered first hand.

#6451 **Tue/April 8**
7-8:30 PM **FCC-Room 107**
Safiya Balioglu **\$10 (1 session)**



Islam and Christianity - Similarities and Differences

This class will explore the similarities and differences between Islam and Christianity. It is recommended to attend the introductory session: *What You always Wanted to Know about Islam & Muslims*. Topics include basic Islamic beliefs and practices in the context of comparative religion and the rich history of interactions between Muslims and Christians. Discussion relating to opportunities and challenges in pursuing joint Muslim/Christian projects are encouraged.

#6452 **Tue/May 20**
7-8:30 PM **FCC-Room 107**
Zafar Siddiqui **\$10 (1 session)**

Adult Enrichment

CULTURAL AWARENESS

CLASSES WITH ANDRE KOEN

Andre is an energetic presenter, a powerful communicator, and a dynamic teacher. Come to class and get a free book relevant to the topic! A supplemental fee of \$10 may be paid to instructor to receive 2 CEU's approved by MN Post Board and other social service organizations. Questions, call the instructor at 651-998-9376.



NEW - Battling Bikini Zombie Babes: The Battle for Dignity of Women and Girls

When we are able to rip the spirit from the body, when we end up with a thing, an object, a tool. Hammers don't care how or when they are used. Media, rhetoric and the male hegemony are attempting to teach girls to rip out the souls of their sisters so we end up with women and girls as zombies. This session will allow us to critically examine methods of restoring girls and women to wholeness, with men as allies.

#6453 **Thur/April 17**
7-9 PM **FCC-Room 107**
Andre Koen **\$15.00 (1 session)**



NEW - The bridge of excuses: Truth, Lies and Things we Make

We do not see the world for how it is, we see what we desire. Context is everything. Our context or lack of context forms our truth. In this session we will examine the power of a paradigm, the influence of cultural norms and the limiting information stream provided by space and place as our predominant context.

#6454 **Thur/May 8**
7-9 PM **FCC-Room 107**
Andre Koen **\$15.00 (1 session)**



HISTORY

HISTORY CLASSES WITH DOUG OHMAN

Doug Ohman is a freelance photographer and popular public speaker. He holds degrees in both Geography and History from the University of Minnesota. Doug has traveled throughout the upper Midwest photographing historic architecture. His work has been widely published in magazines, calendars and books. Over the past ten years he has been working with the Minnesota Historical Society on the popular book series, "Minnesota Byways".

NEW - Journey down the River Series with Doug Ohman



Part 1:

Take a trip down the Mississippi River in Minnesota. The Mississippi River flows along for nearly 700 miles touching many villages, towns and cities in its route from Lake Itasca to the Iowa border. In this first program, Doug will highlight the many points of interest in the rivers upper reaches. This journey will take you from northern Minnesota to Little Falls (400 river miles). Doug has explored much of the rivers history, culture and of course beauty through his photography and personal stories. Enjoy Americas best loved river from the front (bow) seat of a canoe.

Part 2:

Continue down the mighty Mississippi River as it makes its way from Central Minnesota to St. Paul. Along the way, you will travel with Doug by the highest dam on the

Adult Enrichment

river, stop in St. Cloud for a picnic lunch, and paddle into the Twin Cities. This trip will bring you through a number of Army Corps of Engineers locks and will glide you under some of Minnesota's best loved bridges. See where Minnehaha creek flows into the river, and view Fort Snelling from the river. Doug will also show you through his photography how important the river is to the economic and environmental health of the state.

Part 3:

The trip continues south from historic St. Paul past some of the most interesting and historic river towns in Minnesota. Stop in at the St. James Hotel in Red Wing and climb Barns Bluff for some incredible river views. This part of the river is both recreational and commercial. You will see boats and barges of every size and realize how important a healthy river is to the communities along its banks. Stops along the way include the birthplace of water skiing and a visit to the Eagle Center in Wabasha. This program (part 3) completes the 700 miles that Minnesota claims the Mighty Mississippi River.

#6455 **Thur/May 1 - 15**
6:30 - 8:30 PM **FCC-Room 109**
Doug Ohman **\$40.00 (3 sessions)**



HOBBIES & SPECIAL INTEREST

PHOTOGRAPHY

DSLR Photography 1

This course will introduce students to some of the techniques involved in DSLR photography. We will cover how your camera works, and how knowing what your camera can and cannot do will make you a better photographer!

#6501A **Thur/April 10 – May 1**
7-8:30 PM **FCC-Room 106**
Brian Timm **\$28.00 (4 sessions)**



DSLR Photography II

This course will apply the principles from DSLR Photography 1 and advance your knowledge of topics such as flash, high-speed photography, and low-light capture. *Must take DSLR Photography I first.*

#6501B **Thur/May 8 - May 29**
7-8:30 PM **FCC-Room 106**
Brian Timm **\$28.00 (4 sessions)**

WRITING

WRITING CLASSES WITH GAIL OLSON

Gail D. Olson has worked as an advertising copywriter, playwright, history book author, and teacher. For the past 26 years, she has been a reporter for the Northeaster and NorthNews newspapers in Northeast and North Minneapolis. Gail has written two history books commissioned by the St. Anthony Historical Society; "A Village in the City" and "World War II: Courage and Survival: Stories from St. Anthony Village, MN". She has also sold more than 20 fiction and non-fiction magazine stories to publications including Mpls-St. Paul Magazine, Armchair Detective, Cats, and Life and Health.

Adult Enrichment



Haven't You Always Wanted to Write?

Learn to express yourself with flair and creativity in this no-pressure class that offers lots of encouragement and support! We'll explore memoirs, fiction, news stories, magazine articles, career or hobby. *No experience required.*

#6502 -Day **Mon/April 7 – May 5**
10-11:30 AM **FCC-Room 106/112**
Gail Olson **\$45.00 (5 sessions)**

#6502 - Night **Wed/April 9 – May 7**
7-8:30 PM **FCC-Room 106**
Gail Olson **\$45.00 (5 sessions)**

Write Your Memoirs!

Getting your life story down on paper can seem overwhelming. Learn how and where to start your memoir, what to include, and how to choose details that make your story unique and interesting. No writing experience necessary, everyone is welcome.

#6503 **Tue/April 8 – May 6**
10-11:30 AM **FCC-Room 112/109**
Gail Olson **\$45.00 (5 sessions)**



Navigating Metro Transit – On Site Bus Experience

This workshop is a great way for individuals or families to learn about public transportation! Learn safety measures, interior and exterior features of each transit and rules when riding. The class will cover fare payment, how to board each form of transit, and how to navigate transfers. You will also learn how to read schedules and transit signs. Lost and found and the Guaranteed Ride Home Program will be explained. There will be a Metro Transit Bus on site for hands on learning opportunity!

#6504A **Thur/May 8**
6:30-8:30 PM **FCC-Room 109**
Brooke Schablin **\$5 (per person)**
 \$10 (family rate– limit 5)



Navigating Metro Transit – Website Tools

In this workshop you will learn how to use the Metro Transit website (www.Metrotransit.org) to plan your trip online before you leave. This website has many useful tools such as; maps & schedules, route planning, personal schedules and so much more! Customer Advocate Brooke Schablin will give you all the tips and tricks you need to make your next trip a success!

#6504B **Thur/May 15**
6:30-8:30 PM **FCC-Room 109**
Brooke Schablin **\$5 (per person)**
 \$10 (family rate– limit 5)

Adult Enrichment



NEW - Navigating Metro Transit – the new METRO Green Line: Lowertown Artist District Trip

Want to be one of the first to ride the newly opened METRO Green Line? Looking for a great opportunity to teach yourself and/or your children about public transportation? Want a fun and easy way to get to your favorite downtown, uptown or crosstown destination? Have you ever wanted to try public transportation but never knew how? Come on board with us and see all that Metro Transit has to offer!

We will begin at the Fridley Northstar Station at 10:25 a.m. and enjoy the ride aboard the Northstar Commuter Rail to Target Field Station. From there we will board the newly opened Green Line! We will go through the heart of beautiful downtown Minneapolis on our way to St. Paul. We will ride the Green Line to St. Paul's Lowertown Artist District and visit the St. Paul Farmers Market, Mears Park and local restaurants.

We will then travel back to Target Field Station via the Green Line to depart at 4:00 p.m., arriving back at Northstar's Fridley Station at 4:13 p.m. This class is great for families! Sign up for our family rate!

A detailed itinerary will be emailed/mailed out prior to the trip. In Lowertown we will establish a rally point and meet up time for the return trip. Cost of class does not include cost of ticket as it is part of the Navigating Metro Transit experience. Lunch, farmers market purchases, and other items are at your own expense and are not included in class fee. Round-trip fare will be \$5 per person (adult), \$1.50 (ages 6-12 & adults over age 65), and Free (ages 5 & under).

#6504C **Sat/June 21**
10:25 AM -4:15 PM **Fridley Northstar Station**
Brooke Schablin/ **\$5 (per person)**
Stephen Keeler **\$10 (family rate– limit 5)**

SPECIAL INTERESTS



Introduction to Rock Climbing

Learn the basics of indoor rock climbing and gain a new form of lifetime physical activity that provides the benefits of a full-body workout. Accomplish essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management and risk management. After basics, learn additional techniques in balance, body position and footwork. Emphasis is placed on providing a safe and enjoyable experience in a comfortable and controlled setting. Fee includes expert staff, instruction and climbing gear. Wear gym attire and tennis shoes. All Climbers will need to sign a waiver.

#6505 **Tue/May 6 - 20**
7-9 PM **Vertical Endeavors**
 2540 Nicollet Ave S
 Minneapolis, MN 55404
Vertical Endeavors **\$65.00 (3 sessions)**



Adult Enrichment



NEW - Women Who Bike

Do you wish you could ride more but feel like you need some basic knowledge about your bike and how to handle it? What are the best places to ride? This series of four 2 ½ hour sessions will help you update your biking skills and increase your confidence while exploring some fun trail rides and biking transportation routes in Fridley.

Class One: The Trail to Confident Cycling

Participants will discover how to choose or modify a bike—from wheels to women-specific issues related to fit and saddles. Proper helmets, new clothing & equipment now available can all make your ride more enjoyable. Rules of the road and pre-ride bike safety checks will be reviewed. Learn basic maintenance that can keep you and your bike rolling. *No bike needed for class one.*



Class Two: Traffic Skills & Street Smarts

This traffic skills course gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual and city route map. *Bring your own bike to class because bike handling basics in a safe environment will be included.*

Class Three: Confident Cycling & Fridley Active Transportation Routes

Take your new skills to the next level by learning the principles of on-road riding. Then, class members put the theory to test by practicing small group riding on a variety of street types and at intersections. Learn lane positioning and how to read bike signs and routes from the new Active Transportation map. Safety comes first and no one will be required to ride beyond their comfort level. *Bring your bike and weather-appropriate clothing for this hands-on session.*



Class Four: Fridley Loves Riding on the Mississippi River Bike Trail!

The last class will celebrate classroom milestones with a trail ride along the Mississippi River Trail's Fridley segment. **Bring your bike!** You'll experience the Fridley NorthStar station crossing route and enjoy Anoka County Riverfront Park's Gazebo for a snack after the MRT trail ride. Enjoy the park and some beautiful views while utilizing your new skills!

#6506

6-8:30 PM

Bike Alliance MN

Thur/April 24 - May 15

FCC-Various Rooms

\$65(4 sessions)

Adult Enrichment

StarWatch with Mike Lynch of WCCO Radio

Make the stars your old friends as we watch the great celestial show in the skies over Fridley and Columbia Heights. We will also use large reflecting telescopes, including two giant 20 inch reflectors that are among the biggest mobile telescopes in Minnesota for close up views of star clusters, nebulae, galaxies and other wonders in our spring skies. We'll also use a new astronomical camera-telescope system for extra special views of our more distant universe. You'll get a great handout package with user-friendly star maps and constellation charts, websites, a telescope-buying guide, and more! Mike Lynch is a meteorologist at WCCO Radio and has been hosting star watch parties and teaching astronomy classes for over 40 years. *Recommended for ages 6 and up. Family rate is limited to 5 members, additional members can be added for \$20. Please dress appropriately for the weather as a good portion of the class is held outside. Class size is limited to 40 (Fridley and Columbia Heights combined total). Slots fill quickly so sign up today!*

#6507 Fri/April 4
8-10 PM FCC-Room 109
Mike Lynch \$20.00 (Individual)
 \$35.00 (Family Rate – Limit 5)



COMMUNICATION



Creative Communication in the Age of Distraction

Attention educators, speakers, activists, volunteers, and performers! This is NOT your typical speech class.

Have you noticed that it has become increasingly hard to teach or inform people about any subject? Do you wish to stand out as a student, professional, teacher, or community organizer? Do you have great ideas, but struggle to express your thoughts in an organized, persuasive, confident manner? Finally, would you like to gain a clear advantage in today's competitive job market?

If you answered yes to any to any of these questions then this is the class for you! This unique and comprehensive course will provide hands-on training and innovative techniques to help you become a more effective, articulate, and successful communicator in what has been called the "Age of Distraction."

"...the ability to effectively communicate with persons inside and outside an organization is the single most important skill that employers want from new college graduates." Source: (NACE)--Spring Journal of 2012.

#6508 - Beginner Thur/April 10 - May 8
6:30-8:30 PM FCC-Room 106
Aida Wazwaz \$40 (5 sessions)

#6508 - Intermediate Thur/May 15 - June 12
6:30-8:30 PM FCC-Room 106
Aida Wazwaz \$40 (5 sessions)

Adult Enrichment

HOME & GARDEN



NEW - Growing Groceries—Workshop II

Topics: Participants will learn 1) about tools and equipment for gardening; 2) how to prepare the soil for planting; 3) how to cultivate and tend to a garden (watering, weeding, trimming, etc.); 4) how to recycle and compost bio materials; and 5) how to identify harmful agents (weeds, chemicals, etc.) and protect the garden from harmful agents (weeds, chemicals, animals, diseases, and insects). Make sure to check out the fall 2014 brochure for a potential workshop regarding harvesting, canning, and preserving garden produce, as well as putting your garden to rest and preparing for the next season.

#6552 Sat/April 12
10-12 PM Saint Anthony CC – Room CS9
Dawn Pape \$10.00 (1 session)
Lynette Thompson

WORLD LANGUAGE

French for Beginners

This course is geared towards introducing the French language to adult English speakers. In the class you will learn to recall the French letters you may have learned in the past. Students will discuss preliminary grammar, crucial verbs, and current events.

#6750 Mon/April 7 – May 12
6-8 PM FCC-Room 106
Albert Nyembwe \$60.00 (6 sessions)

French Conversation Group

This group is those who have learned French before and would like to spend time in conversation with other French speakers. Group meets the first **Wednesday** of each month from 6 to 8 PM at Fridley Community Center.

Basic A.S.L. (American Sign Language)

This basic ASL course will include instruction on finger spelling, gestures, body language and facial expressions. The class will also enable you to understand deaf culture better. This basic ASL course is taught by Leigh Landon who is a Gallaudet University graduate (www.gallaudet.edu).

#6751 Wed/April 16 - June 18
6:30-8 PM FCC-Multiple Rooms
Leigh Landon \$60.00 (10 sessions)

FAMILY

Family Movie Night!

Come and enjoy a nice evening with the family and friends watch a movie on the big screen at the Fridley High School Auditorium! This event is **FREE** of charge! Concessions will be available for \$1 each. No registration required. Doors open at 6:30 PM and the movie begins at 7:00 PM.

Spring Movie Dates:

- April 25
- May 16

Summer Remake Wednesdays!

Join us for a midweek movie featuring a classic movie and it's remake!

- June 25
- July 16
- August 13

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies that will be showing.

Encore

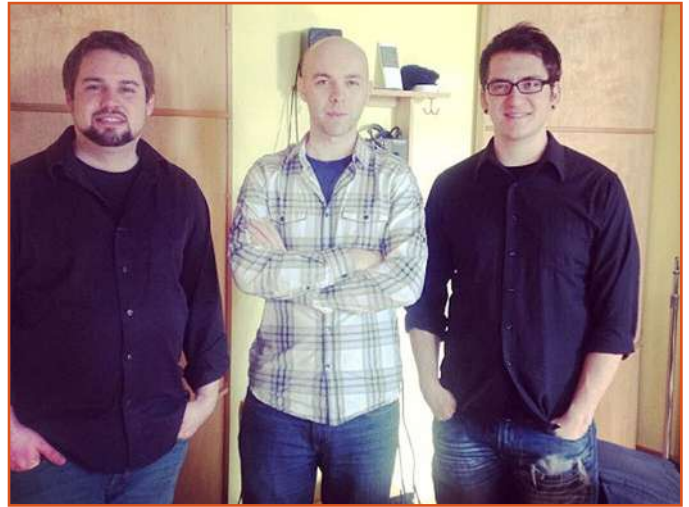
Life Enrichment for those of us 50+



Encore is a program designed with the recently retired or soon-to-retire adult in mind. This program offers special interest clubs, educational offerings, wellness and special events.

Concert Event - Dan Musselman Trio

Come hear the piano stylings of local artist Dan Musselman. Dan has been playing Piano for over 22 years – since he was 5. He is now a composer, jazz pianist and college music teacher. He has led his own ensembles at major music establishments in the Twin Cities, including the Artists' Quarter and the Dakota Jazz Club. You won't want to miss this fantastic opportunity to hear one of the best in the Twin Cities at work! *There will be two sets with a desert intermission included.*



"Dan Musselman is truly one of those gifted and talented musical artists, whose depth and range far surpass his age. The music he creates does not trickle out from him but is a rushing stream of original notes that finds its way to the surface, implants in the listener's brain." - Craig Rice, Emmy winner & former manager of Prince.

#6250

6:30-9:00 PM

Dan Musselman

Wed/April 16

FCC - Community Rooms

\$18 - General Admission

\$15 - Encore Rate

49er Day Kickoff Event!

NEW - MANOMIN ON THE MISSISSIPPI:

A Historic Tour & Dinner

When driving along East River Road, you pass a landmark home and cross over a gentle creek making its way west to the Mississippi River. This calm and picturesque setting is our most historic. One hundred seventy years ago this area was called Manomin. Today it's our city of Fridley. The 2014 49er Days celebration will kick off with a bus tour to get behind the modern day look and experience Fridley's river history and legends. Meet the settlers and hear their stories. The tour will be narrated with stops along the way ending with a white linen, old fashion dinner at the historic Riedel House. **Limit 45 people. Reservations must be made by June 13.**

#6251

3:00-7:00 PM

Fridley Historical
Society

Sun/June 22

Fridley History Center

\$20



TOURS WITH ERIK'S RANCH & RETREATS

Erik's Ranch and Retreat Biography:

Erik's Ranch & Retreats is a premier residence and workplace for adults with autism. This innovative living, working and social model for residents also offers accommodations to guests, business travelers and voluntourists. Not only will Erik's Ranch & Retreats become home to young adults with autism, but what sets us apart is that these unique destinations will be run by the individuals who live there.

We also provide meaningful jobs to adults with autism through Erik's Minnesota Adventures, our tour guide program.

Adults with autism share their unique talents and expertise leading tours throughout the metropolitan area that focus on the arts, history, sports—whatever their passion. These enjoyable, entertaining and educational tours offer a variety of experiences and the opportunity to interact with bright, talented and engaging adults with autism. See for yourself and take a tour!



**erik's
ranch
& retreats**
vision knows no bounds

TOURS

**All tours have limo pickup & transportation to tour locations. Pickup is at the Fridley Community Center.*

NEW - Mariah's Irish Tour (Ages 50+)

This tour includes a stop at the St. Paul Cathedral where Mariah shares her Irish heritage. She'll tell you about the impetus behind the Irish migration to St. Paul in the late 1800s and the role of the Catholic Church. Then the limo will take you to O'Gara's Pub where you will enjoy Irish songs and stories before enjoying an authentic Irish meal! When it's all over, the limo will carry you safely back to your pick-up spot.

#6252

4:00-7:00 PM

Mariah S.

Sun/April 7

FCC - Patio (pickup site)

\$30 (1 session)



NEW - TJ's St. Paul Architecture & History Tour (Ages 50+)

Architectural aficionados and even those who have only a passing interest will discover the historical relevance of St. Paul's prime buildings. The tour



Encore



includes the St. Paul Cathedral and the James J. Hill house with a stop for refreshments at a local eatery. When it's all over, the limo will carry you safely back to your pick-up spot.

#6253 Sat/May 10
9:30 AM - 12:30 PM FCC - Patio (pickup site)
TJ \$30 (1 session)

NEW - Maddy's Canterbury Tour (Ages 50+)

Prior to post time, you'll join Maddy behind the scenes to watch the jockeys and horses get their racing psyche on. Next you will join announcer Paul Allen in the upper level as he calls the race. You'll get to watch the pro in action, while you watch the racing action. Afterward, you can talk with Allen and ask questions about horseracing, betting or whatever strikes your



fancy. Then it's off to the winner's circle. You'll watch a race from where few other race attendees are allowed to go. Then you will get a cold beverage and bite of food at the Canterbury Cantina or the Finish Line Café to get you ready for the next race. This race is yours to wager on or just watch and cheer. When it's all over, you can pocket your winnings, and the limo will carry you safely back to your pick-up spot.

#6254 Fri/June 6
9:30 AM - 12:30 PM FCC - Patio (pickup site)
Maddy W. \$30 (1 session)

For additional dates outside of these posted through Encore visit www.EriksRanch.org and click on Take a Tour.

U Care Discount

All U Care Minnesota members may take up to a \$15 discount on most classes in the brochure. If a class is less than \$15, the member may take the class free of charge. Members must be on U Care at the time of registration and through the duration of the class(es). Members will need to include their U Care ID number when registering.

Classes that are not eligible for the discount include: homeopathy, rock climbing, hypnosis and Early Childhood Education classes.

Adult Resources

Metro North Adult Basic Education

Adult Education Center - Columbia Heights/Fridley
4111 Central Avenue, NE, Suite 100, South Building Columbia Heights, MN 55421

Free Classes! For more information, call 763-706-3833
Classes run year round.

English as a Second Language (ESL)

Monday, Tuesday, Wednesday, Thursday, and Friday 9:00 AM - 12:30 PM
Monday, Tuesday, Wednesday, Thursday 6:00 - 8:30 PM

English for Academic Purposes (E.A.P.)

DAYTIME: Monday, Tuesday, Wednesday, Thursday, and Friday 9:00 AM - 12:00 PM
EVENING: Monday, Tuesday, Wednesday, Thursday 6:00 - 8:30 PM

Adult Basic Education (ABE)

Reading - Writing - Math - G.E.D. Test Preparation

Tuesday, Wednesday and Thursday 9:00 AM - 12:00 PM
Monday / Wednesday 5:30 - 8:30 PM
Tuesday / Thursday 5:30 - 8:30 PM

Conversation Class (Levels 2 - E.A.P.)

Tuesday 12:45 - 2:00 PM

ADULTS WITH DISABILITIES

Interested in activities especially designed for adults with developmental disabilities? For more information or to request a brochure listing classes and activities, call Community Bridge at 651-748-7437. Contact Person: Cheryl Gysbers.

COLLEGE ON YOUR CORNER - Anoka-Ramsey Community College

Classes held at Fridley High School, 6000 West Moore Lake Drive

For more information on the College on Your Corner program, please call 763-433-1200 or check the Anoka-Ramsey Community College website at www.anokaramsey.edu. ARCC tuition and fees are affordable and financial aid is available. To get started, you will need to fill out an admissions application and pay the registration fee. Any resident who has graduated from high school or successfully completed the GED is eligible for admission. College applications are available at www.anokaramsey.edu or by calling 763-433-1300.

Applications for financial aid are available at www.fafsa.ed.gov. The federal school code to be listed on this application is 002332. Of special interest to lifelong learners are the Alliss Education Foundation Grants. These grants are for students who have been out of school (high school or college) for at least seven years and who have not yet earned a bachelor's degree.

Adult Resources

FACILITY RENTAL

The Fridley School District extends the use of school facilities for personal and organizational events and functions when the space is not in use for school-related activities. Rentals are handled by the Community Education Department and are available for community use according to space availability and established District Policy.

Fridley District Auditorium Rental

Our District Auditorium is a great place for musical, dance and theatre performances, special events, seminars and trainings. With capacity for 750 and close proximity to Interstate 694 our auditorium is the ideal location to host your event! We have the lighting, sound and multimedia equipment to meet your group or organizations needs. Our highly skilled staff will ensure your event is a success. Every performance and theater event is unique, so call 763-502-5106 today for a rental quote for your event.

Basic Hourly Rates:

	<u>Under 4 Hours</u>	<u>Over 4 Hours</u>
Class II	\$55/hr	\$40/hr
Class III	\$100/hr	\$75/hr
Class IV	\$135/hr	\$100/hr

Applicable Fees:

*Note: Fees are based on individual needs of each renter.

Auditorium Coordinator	\$40/hr
Student Technician	\$18/hr each
Building Supervisor	\$15/hr
Custodial: regular hours	\$150/day
Custodial: irregular hours	\$45/hr
Performance Package	\$200/day + tech(s)

Hourly rental fee includes a basic full stage white wash (no color), one microphone, and house lighting.

Performance Package: Additional lighting, sound, and video projections.


Other District Rentals

Many of our rates and policies have been updated effective July 1st, 2013. For more information about prices and availability, please contact Stephen Keeler at (763) 502-5106 or visit our website at www.fridley.k12.mn.us under "Community Education".



ADVERTISE WITH US!

Advertise in the Fridley Public Schools Community Education Catalog! Now you can advertise your business, organization, program and/or service to 27,000 Fridley and Columbia Heights residents and businesses! For more details about guidelines and pricing call 763-502-5106, stop into the Fridley Community Center office, or visit our website at www.fridley.k12.mn.us under "Community Education".

Fridley Community Theatre



FRIDLEY COMMUNITY THEATRE
PRESENTS



KISS
MUSIC AND LYRICS
ME
BY COLE PORTER
KATE

**JUL. 25TH & 26TH
AUG. 1ST - 2ND & 3RD**

AUDITIONS

Saturday, May 10, 1-3 pm
Tuesday, May 13, 6:30-8:30 pm
Saturday, May 17, 1-3 pm

Fridley Community Center
6085 Seventh Street NE
Fridley, MN 55432

TICKETS GO ON SALE

JULY 1

Adults \$12.00; Students/Seniors \$10.00

Fridley District Auditorium
6000 West Moore Lake Drive, Fridley MN 55432

For Reserved Seats
call **763-502-5100** or online at
www.fridleycommunitytheatre.org

ASL performance on August 3

Produced in arrangement with
Tams-Witmark Music Library, Inc.



FRIDLEY COMMUNITY THEATRE

Fridley Community Theatre Youth Summer Musical
July 11, 7:00 pm - July 12, 3:00 pm

Fridley District Auditorium
6000 West Moore Lake Drive
Fridley, MN 55432

Tickets Adults \$5.00 Children 12 and under \$3.00
General Admission Tickets will be sold at the door

See page 36 for registration information



**Alice in
Wonderland
JR.**

© Disney

Youth Enrichment

Arts & Crafts



Dazzling Cartoons (Grades K-4)

Take advantage of this special spring pricing (reduced from \$65 for 6 sessions)! Rejuvenate your child's spark with a Young Rembrandts cartoon class. Our students will learn how to draw dynamic characters as they draw children's facial expressions. Inanimate objects will come to life as we personify and transform common articles into cartoon characters. Give your child the gift of learning and artistry. Enroll your student today! *Please Meet in cafeteria after school for check-in and snack.*

#2030A M/Apr 14-May 19
3:45-5 PM HES Room 104
Young Rembrandts \$48 (6 Sessions)

#2030B W/Apr 16-May 21
3:45-5 PM SES Room 123
Young Rembrandts \$48 (6 Sessions)

Pinkalicious Art Camp (Ages 3-6)

Which color does your child think is the most delicious? Pink, purple, silver, or gold? We'll find out during this adorable camp! We will enjoy all the 'licious books by Victoria and Elizabeth Kahn, including Pink, Purple, Silver, and Goldilicious. Then, we'll create masterpieces inspired by the books. We'll paint, sculpt, and giggle our way to choosing the most delicious color of all!

#2040 Sat/May 3&10
10-Noon FCC Room 122
KidCreate Studio \$45 (2 Sessions)

Don't Bug Me! (Ages 3-6)

Did you know that 95% of all species on Earth are insects? Learn cool facts about bugs while creating a bug filled snow globe. *Please pack a nut free snack and a drink for your child.*

#2041 Sat/May 31
9-11:30 AM FCC Room 122
KidCreate Studio \$25 (1 Session)



Tye Dye Party (Ages 5-12)

This is NOT a project you want your kids doing at home! So send your kids to class to make a tie dyed shirt they will wear all summer long. Children must bring their own white t-shirt to class. *Please pack a nut free snack and a drink for your child..*

#2042 Wed/Jun 25
1:30-3:30 pM FCC Room 108
KidCreate Studio \$25 (1 Session)



Youth Enrichment

4th of July Crafts! (Ages 4-9)

We will have a blast as we create 4th of July inspired crafts. We will create crazy hats and star-spangled wavers that are sure to be a hit at any 4th of July celebration! *Please pack a nut free snack and a drink for your child.*

#2043

1:30-3:30 pM

KidCreate Studio

Wed/Jul 2

FCC Room 108

\$25 (1 Session)

Dance



Just For Kix (JFK) Summer Session!

Instructed by Emily Fausher (Fridley JFK director and FHS dance team coach) and Taylor Hauge (dance team captain at UW Eau Claire and Fridley alumni) classes include technique, stretching, and learning a routine. All classes receive a Just for Kix T-shirt and perform a small show at the end of the session for friends and family.

All dancers are also welcome to walk with us in the Fridley 49er's day parade!

Summer Session: 6 weeks

Tuesday / June 10 – July 22 (No Class July 1)

Classes held at the Fridley Middle School Cafeteria

Classes Offered:

(Grades listed are for the current 13-14 school year)

Hip Hop (Grades 2-8) / 5:15-6 PM / \$77.00

Tiny Kix (Pre-K) / 6-6:30 PM / \$73.00

Wee/Mini Kix (*Grades 1-4) / 6:30-7:30 PM / \$77.00

Middle/Sr Kix (*Grades 5-12) / 7:30-8:30 PM / \$77.00

**These classes may be split by grade depending on enrollment.*

How to Register: You can register online at

justforkix.com by clicking on join, or Print off a registration form at: www.justforkix.com/danceclasses/fridley_mn under the forms/downloads page and mail it to Emily Fausher (1515 Adams St NE, Minneapolis MN 55413), or you can call and reserve a spot at, 612-418-9138 or at: fridley_mn@justforkix.com and bring it the first night. You can also drop the registration form with Sally Hanson at the Community Education main office at the Fridley Community Center.

Contact Emily Fausher for more details!

612-418-9138 or fridley_mn@justforkix.com



Got Goo? Art Camp (Ages 4-9)

Sign up early for this popular class! Messy Time is one of our most popular activities and that's exactly what we'll be doing all class long! We'll get silly with silly putty, messy with muck and so much more! This is going to be a messy one so please dress your child appropriately. *Please pack a nut free snack and a drink for your child.*

#2045

1:30-3:30 PM

KidCreate Studio

Wed/Jul 16

FCC Room 108

\$25 (1 Session)



Youth Enrichment

Enrichment



Driver's Education Training (Ages 14&up)

Don't wait to get your license! Safeway Driving School ensures student success with 30 hours of classroom instruction (10, three-hour classes) and 6 hours of behind the wheel instruction (3 two-hour lessons). Students must be 14 years of age to take the course; however, students may not receive their permit until they are 15 years old. Affordable payment plans are available.

#2200A M-Th/Apr 7-22
3:15-6:15 PM FHS Room 171
Safeway Driving School \$325 (10 Sessions)

#2200B M-F/June 16-27
1-4 PM FHS Room 171
Safeway Driving School \$340 (10 Sessions)

Chess Club (Grades K-4)

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess and compete for various prizes? Learn from Twin Cities Chess Club instructors who have years of teaching experience. Competitive chess tournaments are scheduled once a year and students can play for real chess trophies! All chess levels are welcome! Please meet in Cafeteria after school for snack.

#2205A M/Apr 14-May 19
3:45-5 PM SES Room 123
Twin Cities Chess \$50 (6 Sessions)

#2205B T/Apr 15-May 20
3:45-5 PM HES Media Center
Twin Cities Chess \$50 (6 Sessions)



All Hands on Deck! (Grades K-4)

Do you enjoy card games or are interested in learning some new ones to challenge yourself, friends and family? Is so, you're sure to have a good time in this fun new class! Will learn some new games or enjoy some classics and face off against friends. Please meet in cafeteria after school for check in and snack.

#2210A T/Apr 29-May 20
3:45-5 PM SES Cafeteria
Fridley Tiger Club \$20 (4 Sessions)

#2210B W/Apr 30-May 21
3:45-5 PM HES Cafeteria
Fridley Tiger Club \$20 (4 Sessions)

Language

Intro to Arabic (Ages 5-15)

From learning basic letters and numbers to using them to form words and sentences this class is available September through May in 6-week sessions and offers and wonderful introduction to the Arabic language. Any questions please contact: Fatme Rmayti 612-532-8475. **No Class May 17.**

#2300 Sat/Apr 19-May 31
10 AM-3 PM FCC Room 109
Bassem Kablaoui \$55 (6 Sessions)



Youth Enrichment

Music

Beginning Band (Grades 4-6)

Interested in playing in the Fridley Middle School Band during the '14/'15 school year? Well here's your way to get started! Beginning Band Spring and Summer sessions are starting up soon. These lessons are designed specifically for beginners currently in grades 4-6 that want to get started in FMS Band. These lessons are required in order to be placed in band in the Fall of 2014. For more information and registration details please contact: **Blair Berger, FMS Band Director, at 763-502-5594 or blair.berger@fridley.k12.mn.us.**



Piano Lessons (Ages 7+)

Take advantage of this accomplished musician's 20+ years of teaching experience. Private half hour beginner to advanced piano lessons for ages 7 to 70! These half hour sessions, once a week, will include theory, technique, note-reading, sight reading, ear training, chording and even a recital (if enough of you sign up!)! A \$15 material fee is payable to instructor for books. For registration information and availability please call 763-502-5135.

#2400	T&Th/By Appointment
PM Time Slots	FCC Room TBD
Jayne Kretzmann	\$80 (4 Sessions)
	\$160 (8 Sessions)



Science & Engineering

NPass2 Science: Straw Rockets (Grades K-8)

Work together with your friends to troubleshoot and problem solve your way into creating the optimal rocket and launching system in this hands on class that uses simple supplies to discover the basic principles of rocket design. You'll have a blast! Created by the National Partnerships for After School Science (NPASS). *Please meet in Cafeteria after school for check-in and snack.*

#2530A (Gr. K-4)	Th/May 1-22
3:45-5 PM	SES Cafeteria
Fridley Tiger Club	\$25 (4 Sessions)

#2530B (Gr. K-4)	Th/May 1-22
3:45-5 PM	HES Cafeteria
Fridley Tiger Club	\$25 (4 Sessions)

#2530C (Gr. 5-8)	T/ Apr 29-May 20
3:15-4:15 PM	FMS Cafeteria
Fridley Tiger Club	\$20 (4 Sessions)



Robotics Builders (Grades K-2)

Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Students working in teams will work with simple machines, program models they design and create. Your students will build LEGO models featuring working motors, tilt sensors, motion detectors, and Lego USB Robotics Hub.

#2502	Sat/Apr 12
9 AM-Noon	FCC Room 122
Computer Explorers	\$38 (1 Session)

Youth Enrichment

Rock N Roll Robotics (Grades 3-5)

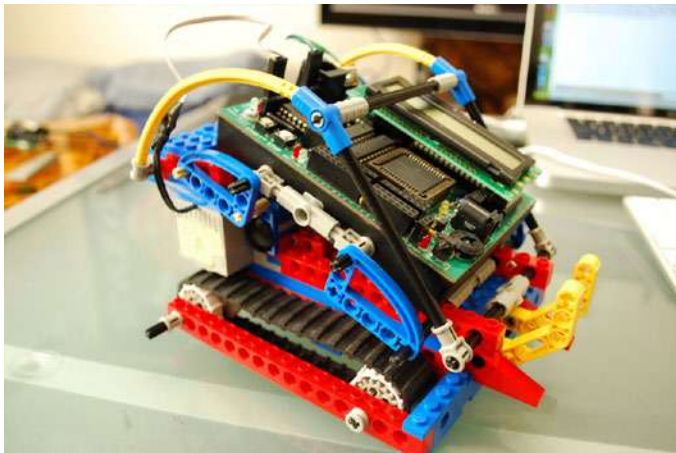
Designed by the experts at MIT, this unique system teaches students about simple machines, engineering, programming and so much more. Working in pairs, students will create robots that rock and robots that roll! Using the LEGO™ WeDo Robotics System your students will build LEGO models featuring motors, tilt sensors, motion detectors, & USB Robotics Hub.

#2503 Sat/Apr 26
9 AM-Noon FCC Room 122
Computer Explorers \$38 (1 Session)

Video Game Creation (Ages 5-7)

Create *YOUR OWN VIDEO GAME!* Students as young as 5 years old can create their own video games in this cool class! Choose your storyline with dragons, princesses, or wild wacky aliens; add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Now the 5-8 year olds can practice math, logic, and programming and put their video game talents to work! Game will be in an animated flash format, viewing in most internet browsers. Bring or jump drive to the last day of class or files can be emailed to parents. *Please bring a snack daily.*

#2504 M-Th/July 21-24
10 AM-Noon FCC Room 108
Computer Explorers \$80 (4 Session)



Lego Minecraft Engineering (Ages 6-10)

From the hit video game, Minecraft, comes our awesome Lego and Papercrafts class. Student builders will be creating mob figures, custom blocks, torches, mosaics, custom biomes and terrains from the MineCraft Video Game! We

will use both cardboard papercrafts and Legos to create our worlds. Builders will be challenged to bring their virtual designs from the game to life and get to take home a daily project. Most materials will be for class use only. Take-homes include: a mini handcrafted LED lit Redstone torch, Lego Micro-biome, 2 Lego micro-figs, and 2 papercrafts. *Please bring a snack daily.*

#2505 M-Th/July 21-24
1-3 PM FCC Room 108
Computer Explorers \$80 (4 Session)

Special Events & Activities

Geocaching Teaser! (Grades 5-8)

If you've never Geocached before come learn! If you've already learned, come have fun after school doing it again. Join us this afternoon for a fun spring activity that you can do all summer on your own adventures. Everyone will work together in teams to find geocaches using GPS. Snack included. Meet in FMS Cafeteria for check-in. *No Walking, Parent/Guardian pick up required!*

#2605 W/May 28
3:05-5:30 PM FMS Cafeteria
Fridley Tiger Club \$5.00 (1 Session)



Adventure Club! (Grades K-6)

Get ready for an adventure as we travel each week to Local parks and playgrounds. We will spend time hiking, exploring, playing and splashing! Check in and pick up is at the Fridley Community Center (6085 7th Street NE)

Youth Enrichment

at the Tiger Club main desk. Check-in: 8:45a / Pick-Up: 11:30 pm. Please eat breakfast before you come and dress outdoor weather appropriate with Tennis shoes.

Registration Deadline June 23rd or when event is full.

#2615 T/Jun 24 – Aug 12
8:45-11:30 AM FCC Main Entrance
Fridley Tiger Club \$50.00 (8 Sessions)

MOA: Nickelodeon Universe (Grades K-6)

Come with us to the Mall of America's Nickelodeon Universe where we will be having loads of fun. From the Avatar Airbender to Sponge Bob Squarepants' Rock Bottom Plunge, there's something for everyone. Check in and pick up is at the Fridley Community Center (6085 7th Street NE) at the Tiger Club main desk. Check-in: 9:45am / Pick-Up: 4:00pm. Please bring a bag Lunch.

Registration Deadline June 24th or when event is full.

#2610 Th/June 26
9:45 AM-4:00 PM FCC Main Entrance
Fridley Tiger Club \$36.00 (1 Session)



Crystal Cave (Grades K-6)

Discover this amazing natural wonder more than 70 feet below the earth's surface! We'll learn how the caves were formed, their importance and what kind of animals thrive in its environment. It's something you just have to see with your own eyes! Check in and pick up is at the Fridley Community Center (6085 7th Street NE) at the Tiger Club main desk. Check-in: 9:15a / Pick-Up: 3:45pm. Please bring a bag lunch and wear tennis shoes.

Registration Deadline July 15th or when event is full.

#2611 Th/July 10
9:15 AM-3:45 PM FCC Main Entrance
Fridley Tiger Club \$32.00 (1 Session)



Bunker Beach (Grades K-6)

Summer time is all about getting wet and having fun! Join us as we splish splash like we're takin' a bath at Minnesota's largest outdoor water park. Check in and pick up is at the Fridley Community Center (6085 7th Street NE) at the Tiger Club main desk. Check-in: 9:15a / Pick-Up: 3:45pm. Please bring a bag lunch, swimsuit, towel and sunscreen! **Registration Deadline August 5th or when event is full.**

#2612 Th/July 24
9:15 AM-3:45 PM FCC Main Entrance
Fridley Tiger Club \$32.00 (1 Session)

FAMILY

Family Movie Night!

Come and enjoy a nice evening with the family and friends watch a movie on the big screen at the Fridley High School Auditorium! This event is FREE of charge! Concessions will be available for \$1 each. No registration required. Doors open at 6:30 p.m. and the movie begins at 7:00 p.m.

Spring Movie Dates:

- April 25
- May 16

Summer Remake Wednesdays!

Join us for a midweek movie featuring a classic movie and it's remake!

- June 25
- July 16
- August 13

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies that will be showing.

Youth Enrichment

Sports & Fitness



Preschool Yoga (Ages 3-6)

Join instructor Roxanne as she uses storytelling to introduce Yoga to your little one. During each session, yoga poses, movement and music coincide with a storybook to engage children's minds and bodies. A great beginning class for young children and for siblings. Parents are welcome to join in or just watch. Wear comfy clothes. Mats are provided. *No Class April 19 or July 5.*

#2705A Sat/Apr 5-May 10
9-9:45 AM FCC Room 116
Roxanne Slater-Olsen \$35 (5 Sessions)

#2705B Sat/Jun 28-Aug 9
9-9:45 AM FCC Room 116
Roxanne Slater-Olsen \$42 (6 Sessions)

Yoga for Kids (Ages 6-12)

Children will explore yoga poses, breathing and relaxation through art, games, music and more! We will build healthy bodies, hearts, and minds through imaginative and cooperative play. children will have fun while developing balance, confidence, flexibility, and focus in this active class. Wear comfy clothes. Mats provided.



#2706A T/Apr 8-May 13
6-7 PM FCC Room 116
Roxanne Slater-Olsen \$48.00 (6 Sessions)

#2706B T/Jul 1-Aug 5
6-7 PM FCC Room 116
Roxanne Slater-Olsen \$48.00 (6 Sessions)

BEARFOOT KARATE WITH CHIEF INSTRUCTOR JOE HOGLUND

Any Questions please contact Joe Hoglund at: 763-221-4393. **Location address:** 351-83rd Ave NE Spring Lake Park, MN 55432. Learn more at: BearfootKarate.com



Preschool Karate (Ages 4-5)

This is a fun intro to Bearfoot Karate basics for cubs. Through games with skills & drills, this class teaches students the moves, curriculum, & protocol that is needed at the start of their journey in martial arts. Classes by design help to increase values like self-control, focus, confidence, self-esteem, assertiveness, teamwork, manners, respect, and attitude. *NEW students come 10 minutes early to the first two classes to allow for uniform fitting and meet and greet. A \$22 fee for Karate Uniform and Belt is payable to instructor.*

Youth Enrichment

#2701A
4:15-4:45 PM
Joe Hoglund

T/Apr 8-May 27
Bearfoot Karate Studio
\$56 (8 Sessions)

#2701B
10-10:30 AM
Joe Hoglund

Sat/Apr 12-May 31
Bearfoot Karate Studio
\$56 (8 Sessions)

#2701C
4:15-4:45 PM
Joe Hoglund

T/Jun 3-Jul 22
Bearfoot Karate Studio
\$56 (8 Sessions)

#2701D
10-10:30 AM
Joe Hoglund

Sat/Jun 7-Jul 26
Bearfoot Karate Studio
\$56 (8 Sessions)

#2701E
4:15-4:45 PM
Joe Hoglund

T/Jul 29-Sept 15
Bearfoot Karate Studio
\$56 (8 Sessions)

#2701F
10-10:30 AM
Joe Hoglund

Sat/Aug 2-Sept 20
Bearfoot Karate Studio
\$56 (8 Sessions)



Intro to Tae Kwon Do (Ages 6+)

This introductory Tae Kwon Do program where children can learn respect, courtesy and self-control while participating in a well-rounded martial arts program. After the 8 classes you will be eligible for a testing certification. This is a great class for parents and children to get fit and enjoy time together, so parents interested sign up too! We request all NEW students come 10 minutes early to the first two classes to allow for uniform fitting and meet and greet. A \$25 fee for Karate Uniform and Belt is payable to instructor.

#2702A
6:55-7:40 PM
Joe Hoglund

Th/Apr 10-May 29
Bearfoot Karate Studio
\$56 (8 Sessions)

#2702B
10:40-11:25 AM
Joe Hoglund

Sat/Apr 12-May 31
Bearfoot Karate Studio
\$56 (8 Sessions)

#2702C
6:55-7:40 PM
Joe Hoglund

Th/Jun 5-Jul 24
Bearfoot Karate Studio
\$56 (8 Sessions)

#2702D
10:40-11:25 AM
Joe Hoglund

Sat/Jun 7-Jul 26
Bearfoot Karate Studio
\$56 (8 Sessions)

#2702E
6:55-7:40 PM
Joe Hoglund

Th/Jul 31-Sept 18
Bearfoot Karate Studio
\$56 (8 Sessions)

#2702F
10:40-11:25 AM
Joe Hoglund

Sat/Aug 2-Sept 20
Bearfoot Karate Studio
\$56 (8 Sessions)

Youth Enrichment

Future Tigers Boys' and Girls' Basketball (Grades 1-4)

Each student will learn the basic fundamentals of the game: Running, pivoting, passing, ball handling, catching, jumping, and shooting. There will be a lot of shooting and dribbling games along with games of 1 on 1 up to 4 on 4. The High School Boys' and Girls' Varsity Coaches, Jim MacDonald, Erik Redepenning along with assistant coaches will run camp along with current varsity players. Each student will receive a camp shirt and basketball prizes. Participants will receive a Fridley (5) game punch pass to get into any high school game free!

#2720A (Gr. K-2) M-Th/June 16 – 19

9-10:15 AM HES Gym

Jim MacDonald \$25.00 (4 Sessions)

#2720B (Gr. 3-4) M-Th/June 16 – 19

10:30 AM-Noon HES Gym

Jim MacDonald \$25.00 (4 Sessions)



Tiger Boys' and Girls' Basketball (Grades 5-8)

This camp will stress fundamentals, individual basketball skills, shooting form, passing, screening, cutting, and ball handling. Team play will consist of games of 2 on 2 up to 5 on 5 transition games. As in past years, we will have varsity coaches, former players and college coaches working the camp. All campers will receive a camp shirt and prizes. We can also work out schedule conflicts with the Summer Strength Program. Girls and boys will be split into same gender groups. Participants will receive a Fridley (5) game punch pass to get into any high school game free!

#2722A (Gr. 5-6)

8-10:00 AM

Jim MacDonald

M-Th/June 16 – 26

FHS Main Gym

\$45.00 (8 Sessions)

#2722B (Gr. 7-8)

10 AM-Noon

Jim MacDonald

M-Th/June 16 – 26

FHS Main Gym

\$45.00 (8 Sessions)



Tennis (Grades 2-12)

Compared to club prices, this program is a bargain. Anthony Branitski is a club professional instructor as well as the Fridley Varsity Boys' Tennis Coach. He will instruct students in all aspects of tennis from stroke improvement, agility and fitness to tennis match strategy. This camp will benefit both the beginner and accomplished tennis player. Bring a racket if you have one, if not we can supply one for use. Each camp participant will also receive a punch pass good for (5) FREE Fridley Tiger sporting events. Rainouts will not be rescheduled. **If ever in doubt due to weather please call the Tennis Hotline: (763) 502-5112 - 30 minutes before class. (Campers that qualify for free or reduced lunch are eligible for a 50% fee reduction) No class June 30-Jul 2.**

#2715A (Gr. 2-4)

10:30-11:30 AM

Anthony Branitski

M-W/June 16 – July 23

FHS Tennis Courts

\$75.00 (15 Sessions)

#2715C (Gr. 9-12)

9-10:30 AM

Anthony Branitski

M-W/June 16 – July 23

FHS Tennis Courts

\$110.00 (15 Sessions)

#2715B (Gr. 5-8)

Noon-1:30 PM

Anthony Branitski

M-W/June 16 – July 23

FHS Tennis Courts

\$110.00 (15 Sessions)

Youth Enrichment



Swimming Club (Grades 5-12)

Led by the coaching staff of Fridley Girls' and Boys' Swimming teams, this is a club where competitive swimming is the focus. All competitive strokes will be taught with an emphasis on individual improvement. Attendance is not required. The Swim Camp is included with registration. *No class June 30-July 3.*

#2725 M-Th/June 16 – July 31
4:30-6:30 PM FMS Pool
Mark Sielaff \$130.00 (24 Sessions)

Swimming Camp (Grades 5-12)

Led by the coaching staff of the Fridley Girls' and Boys' Swimming Team this Camp will work to improve participants competitive swimming skills and techniques. We will cover all four of the competitive strokes (butterfly, backstroke, breaststroke, and freestyle) with drills and demonstrations. Participants will gain a working knowledge of good stroke technique and will hone existing skills. Participants will receive a Fridley (5) game punch pass to get into any high school games free!

#2727 M-Th/July 21 – 24
3-6 PM FMS Pool
Mark Sielaff \$55.00 (4 Sessions)

Golf Clinic, Co-Ed (Grades 3-8)

*In Partnership with Tiger Club

Fridley High School Golf Coach, Gary Lind, will lead students through the fundamentals of golf. Basic swing fundamentals as well as golf rules and etiquette will be emphasized. If you have your own clubs, bring them. If you do not, we will provide students with short irons. The intent is to expose students to the great game in a safe and fun atmosphere.

#2745A (Gr. 3-4) F/June 27
9-10 AM FCC South Field
Gary Lind \$5.00 (1 Session)

#2745B (Gr. 5-8) F/June 27
10-11 AM FCC South Field
Gary Lind \$5.00 (1 Session)



Summer Golf League (Ages 9-18)

Summer Golf League will be held at Centerbrook Golf Course in Brooklyn Center on Wednesdays beginning June 18 running through August 20. It will cost \$10.50 a week with an option to receive 3 weeks of 1 hour golf instruction, plus one round of 9-hole golf for \$11 a week. Contact Pat Barrett, Fridley High School Girls' Varsity Girls' Coach, at (763)-502-5719 or pat.barrett@fridley.k12.mn.us for more details and registration information.

Soccer Clinic, Co-Ed (Grades 4-12)

Sponsored by the Fridley PEP Grant, Varsity Soccer Coach Zachery Bobick will run this camp focused on basic soccer fundamentals, lead-up games and drills. Each participant will receive individual feedback with an emphasis on development and improvement. There is no cost for this clinic, however please still register online at: <https://tinyurl.com/fridleycommunityed> or by calling 763-502-5100. *No class June 30-July 2.*

#2750A (Gr. 9-12) M-W/Jun 16 – Jul 16
12-2 PM FMS - Track Field
Zackery Bobick Free (12 Sessions)

Youth Enrichment



#2750A (Gr. 4-8) **W/Jun 18 –Jul 16**
2-3:30 PM **FMS - Track Field**
Zackery Bobick **Free (4 Sessions)**

Football Skills Camp (Grades 1-6)

Players will learn the basic fundamentals of football through special drills and direct instruction from Fridley football coaches and varsity players. We will incorporate the fundamentals of offense, defense, and special teams. There will be games and activities that create a great atmosphere for youngsters to learn the game of football and have FUN! All participants will receive a t-shirt! Each camp participant will also receive a punch pass good for (5) FREE Fridley Tiger sporting events.

#2735 **M&T/July 21&22**
6-7:30 PM **FHS Practice Field**
Adam Fischer **\$15.00 (2 Sessions)**



Theatre Arts



Beginning Acting (Grades 5&6)

Come play around as we explore the world of live theatre. Students interested in telling stories, theater, building confidence, and having fun are encouraged to sign up for this six-week adventure in beginning acting. Theater vocabulary and techniques will be learned as we play fun improv games, learn lines and blocking, and end with a small production on stage! Our play will be decided once students are enrolled and we see who is in our cast. So join us and discover that there really are no small parts, only small actors. On the last night of class, the students will perform their play to family and friends on the Fridley District Auditorium stage! Performance is May 21st at 6pm (Students will stay till the performance on this class day, pizza dinner will be served). *Students meet in FMS Cafeteria after school to be escorted over to FHS Auditorium. Pick up is at the High School Auditorium.*

#2802 **W/Apr 16-May 21**
3:05-4:30 PM **FHS Auditorium**
Rachel Cathey **\$35 (6 Sessions)**

Fridley Community Theatre:

Youth Production (Ages 9-15)

Be a part of Fridley Community Theatre's first ever summer youth production! Students will learn music, dialogue and choreography for a fully produced production of *Disney's Alice in Wonderland Jr.* with set, lights and costumes. Everyone who enrolls will perform on stage; participants will audition for cast roles during the first week of practice. Please bring a snack. Performances will be on Fri. July 11th @ 7:00pm & Sat. July 12th @ 3:00pm. *No practice on Thursdays or June 30-July 4.*

#2805 **MTWF/Jun 16-Jul 11**
12:30-4 PM **FHS Auditorium**
Rachel Cathey **\$60 (12 Sessions)**

Early Childhood Programs

What is ECFE?

ECFE stands for Early Childhood Family Education. We know that children benefit when they attend a high quality early childhood program. But what about parents? Raising young children is a challenging adventure for all parents, and it's also one of the most rewarding things you'll ever do. Early Childhood Family Education offers all Minnesota families with children from birth to kindergarten age resources to help with this important job of parenting.

ECFE offers you and your children:

- Fun, parent/child activities which encourage learning
- The chance to make new friends (for parents and children)
- Information and support for parents
- An educational play program led by professionals

Fridley's Early Childhood Family Education offers:

- The Creative Play Center (CPC) drop in center
- Infant/Toddler/Preschool Parent/Child classes
- Home Visits
- Mixed age Parent/Child classes
- Preschool classes
- Clase en español para familias

Come for your child...Stay for Yourself!

Contact Information

If you have questions or want more information, please contact:

Joan Lenzmeier, ECFE, School Readiness/PYP Preschool & Screening Coordinator at 763-502-5124.

Mary Eggert, Creative Play Center & Home Visitor - 763-502-5123.

Vikki Queenan, Parent Educator - 763-502-5122.

Jennifer Petersen, Early Childhood Teacher - 763-502-5138.

Kelli Neid, Early Childhood Teacher - 763-502-5128.

Ayn Leitschuh, Early Childhood Teacher - 763-502-5377.

ECFE Classes

Many ECFE classes began in January and run until May. Occasionally an opening will become available. Call 763-502-5124 for information and space availability.

Spring Classes

Parents and Infants

(Newborns to 12 months, non-separating)

Parents and infants can enjoy time together in a fun and positive way. Enjoy new activities designed to stimulate your baby's curiosity. Parents learn about their baby's emotional, social and physical development through discussions focused on the interests of the group.

6 sessions

Fees:

Mondays, April 7 - May 12

\$20.00

1:30 - 2:30 PM

FCC Room 131

Mixed age Parent/Child class

Effective Parenting Strategies (Evening Class)

(Birth to 5 years, separating)

During parent/child time there will be learning activities to do with your child, stories, art, and much more, all geared for children ages 5 and under. During the parent time we will discuss topics that you have chosen which may include child development, temperament, discipline techniques, teaching responsibility and parenting styles. Learn effective parenting tools from other parents and the Parent Educator. *No sliding fee scale for this class.*

6 sessions

Fees:

Mondays, April 7 - May 12

\$35.00/residents

6:15 - 8:00 PM

FCC Room 135



Early Childhood Programs

Early Childhood Screening

Will your child be attending preschool this year? Will your child be entering kindergarten fall 2014? If you answered yes, Early Childhood screening is for your child.

What is Early Childhood screening?

Screening is an early look at how your child is growing and developing. Between the ages of 3 ½ and 4, screening can detect possible health or learning concerns, so that children can get help before they start school. *Minnesota requires every child to participate in an Early Childhood Screening prior to entry into kindergarten in a public school.*

Appointments are necessary. To schedule an appointment, please call 763-502-5123.

Screening dates:

March 18, 19, 20

May 28 & 29

August 20 & 21

We are proud to offer 4 star rated preschool programs to prepare your child for school success. We received our four star rating July 2013.



Preschool Classes

2014-2015 Preschool Registration Information



The random drawing will be held April 7. Our random drawing process gives everyone an equal chance to receive their first choice of class. After the random drawing you will be notified if you did not get your first choice of class. After April 7, registration is on a first-come, first-serve basis depending on space availability.

Classes are held from September to May at Stevenson & Hayes elementary schools and at the Fridley Community Center. Morning & afternoon times are available. A Sliding fee scale is available for classes located at the Fridley Community Education Center and eligible families can apply for scholarships for the PYP preschools at Hayes and Stevenson. Maximum class size in all classes is 20 children.

Fridley Public Schools Kindergarten Registration for 2014-2015 School Year

The Fridley Schools offer a free full day, every day kindergarten program. Parents of incoming kindergartners should receive a letter from their elementary school in March with detailed information about the registration day, April 7. If you do not receive information please call your elementary school for more information.

Hayes Elementary
615 Mississippi Street
763-502-5202

R.L. Stevenson Elementary
6080 East River Road
763-502-5302



Early Childhood Programs

PYP Preschool

Fridley is now proud to offer the International Baccalaureate Primary Years Program (PYP) for 3 and 4 year olds at both Hayes and Stevenson Elementary starting fall of 2014.

At the heart of the PYP philosophy is a commitment to structured inquiry as an ideal vehicle for learning, especially for young children! This engaging pre-school program will emphasize the following:

- Active, hands-on learning.
- Conceptual learning that leads to deep understanding along with the acquisition of basic facts.
- Meaningful, relevant learning experiences.
- Co-operative learning and development of social skills.
- Individualized instruction to meet each students' needs, abilities, interests, and learning styles.

This is a wonderful opportunity for students to develop a strong sense of self, to build confidence in mastering projects on their own, and to prepare themselves for ongoing IB education as independent learners. Registration priority will be given to 4 year old children who are entering kindergarten in fall of 2015.

Stevenson PYP Preschool

(Children must be 3 or 4 years of age by Sept. 1, 2014)

- Full school year, Sept. 2, 2014 – May 29, 2015
- 5 days/week
- Parents provide transportation.

Section #1: Mornings: 9:15 – 11:45 am

Section #2: Afternoons: 1:00 pm – 3:15 pm

Location: Stevenson Elementary

Tuition: 9 tuition payments: \$225.00/mo. (Sliding fee scale is not available for this class. Eligible families may apply for scholarships.)

Hayes PYP Preschool

(Children must be 3 or 4 years of age by Sept. 1, 2014)

- Full school year, Sept. 2, 2014 – May 29, 2015
- 5 days/week
- Parents provide transportation.

Section #1: Mornings: 9:15 – 11:45 am

Section #2: Afternoons: 1:00 pm – 3:15 pm

Location: Hayes Elementary

Tuition: 9 tuition payments: \$225.00/mo. (Sliding fee scale is not available for this class. Eligible families may apply for scholarships.)

Preschool Classes - 4 year olds only

Fridley Community Center

6085 Seventh St. NE

Two or Three days-a-week classes,

Morning or Afternoon sessions

(Children must be 4 years old by September 1, 2014)

Our Pre-K classes are designed to engage children in active learning that is developmentally appropriate. Participating in activities that are selected specifically for young children helps preschoolers develop early reading, writing, science, art, and math skills. Our curriculum follows the guidelines set by the State Early Childhood Indicators of Progress. All classrooms provide inclusion for children with special needs.



All children are welcome. However, first priority will be given to those children who are residents of the Fridley School District. No one will be denied participation due to inability to pay. Transportation can be provided for a fee, if needed for the morning session. The sliding fee scale is available for eligible families. Families can fill out an application for reduced tuition.

Early Childhood Programs



School Readiness Preschool Classes

Pre-K Section A

(2 days/week mornings – all year program)

Dates: Mon. & Wed., Sept. 8 – May 20, 2015

Mornings: 9:45 am – 12 Noon

Location: Fridley Community Center

Tuition: 9 tuition payments: \$86.00/mo.

Transportation can be provided for a nominal fee, based on our sliding fee schedule, if needed for the morning session. The sliding fee scale is available for eligible families. To apply (after the random drawing) families fill out an application for reduced tuition.

Pre-K Section B

(3 days/week afternoons – all year program)

Dates: Mon., Wed., & Fri., Sept. 8 – May 20, 2015

Afternoons: 1:15 – 3:30 pm

Location: Fridley Community Center

Tuition: 9 tuition payments: \$113.00/mo.

Parents provide transportation, no bussing is available.

**Sliding fee scale is available for eligible families. To apply (after the random drawing) families fill out an application for reduced tuition.*

***Sliding fee scale** (for preschool classes at the Fridley Community Center) is based on **your FAMILY'S gross yearly income.**

See Chart D on Early Childhood program registration page for sliding fee details. No one will be denied participation at the Fridley Community Center site due to inability to pay.

Creative Play Center

Fridley offers the Creative Play Center four mornings a week:

See the world through your child's eyes. Be a kid again yourself! Play in the sand. Make a play dough pie. Paint a picture. Build a tower. Make new friends. Give your child the opportunity to learn social skills. Leave household chores behind – they can wait! Delight in the joys of parenting by giving your child the gift of your time.

Join us any **Monday, Tuesday, Wednesday or Thursday** during the hours of **9:30 – 11:30 am** at the Fridley Community Center in **rooms 131 and 132**. See the calendar below for special activities. Play for the morning and then enjoy group time through music, stories or parachute play.

The Creative Play Center offers you and your child(ren) a fun place to play and meet other people in the community.

*Parents, Grandparents Caregivers,
Come and check it out!*

For more information or if you have questions, please call Mary Eggert at 763-502-5123.

Creative Play Center closes for the summer on May 15.

Wishing all of you a fun and safe summer! Thanks for being part of the Creative Play Center “family” this past year. I have loved getting to know you and your children. My hope is that you came as a visitor and left as a friend.
- Hugs, Mary



Early Childhood Programs



Morning Creative Play Center

Calendar at a Glance

Creative Play Center Hours – Mon., Tues., Wed., Thurs. mornings from 9:30 – 11:30 am. In addition, we offer the group activities listed below on the following days.

April:

Apr 3 -- Yoga Stretch 11:15am
Apr 7 – Wheeling Around 9:45-10:30am
Apr 9 – Parachute Play 11:15am
Apr 14 – Wheeling Around 9:45-10:30am
Apr 15 - Story Time 11:15am
Apr 21 – Wheeling Around 9:45-10:30am
Apr 24 - Number Bingo 11:15am
Apr 28 – Wheeling Around 9:45-10:30am
Apr 30 – Music and Movement 11:15am

May:

May 1 – Pajama Day – Hop out of bed and come as you are!
May 5 – Wheeling Around 9:45-10:30am
May 6 - Parachute Play 11:15am
May 12 – Wheeling Around 9:45-10:30am
May 14 - Music and Movement 11:15am
May 15 - Picnic and Ice Cream Social 11:15am
(Bring your favorite picnic lunch and a blanket to sit on and we will provide the ice cream treat)
No additional cost but please sign up in Room 131 by May 8

EVENING Creative Play Center

Tuesday special Activities (6 – 7:30 pm)

Parents, Grandparents, Caregivers, join us for our Tuesday evening Creative Play Center sessions.

April 1 - storytime

April 8 - storytime

April 15 - open gym 6:00 - 6:45

April 22 - open gym 6:00 - 6:45

April 29 - storytime



Celebrate Your Birthday!

If you would like your Creative Play Center friends to sing Happy Birthday to you, please let Mary know and we will gather around 10:30am that morning to sing to the birthday child. You may also bring a store-bought treat to share. (No peanut products, please)

Home Visits

Visits are scheduled for District 14 residents, at parent's request, to provide information about Early Childhood Family Education programs, or to offer parent education and support to the family in their home. Families with new babies may contact the Early Childhood Family Education program to receive a free book and helpful information delivered by a staff member. Call 763-502-5123.

Early Childhood Programs



Fridley Infant Toddler Teen Program (FITT)

Are you a teen parent who wants to finish high school? Do you need childcare for your infant or toddler? The FITT program can help. Depending on your income, Anoka County Childcare Assistance may pay for your child care while you attend school. *Call Kristi at 763-502-5119 for more information.*



We're Looking for the "New Kids in Town!"

Fridley's Early Childhood program wants to support all families with infants. If you have a new baby at your house, and live in the Fridley School District, we would like to add your child to our district census to make sure that you get all appropriate mailings as your child grows and nears school age. You could also pick up or we could deliver a free book for your new baby. Call us today at 763-502-5123 to let us know about the new member of your family.



Help me GROW

While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children's development, too. MN children are eligible for services in their home, child care setting or school. These services are free to all families.

If you have questions about your child's development or if you think your child might need extra help, please contact your local health care provider or the Anoka Area Help Me Grow Central Intake at: 763-433-4888.

Early Childhood Programs

Payment Option for the Creative Play Center

In addition to our 3 month unlimited visits pass, or the daily fee, we have added a **punch card**. All options apply for use with the sliding fee schedule based on your combined yearly income.

3 month pass (40+ visits)	Daily fee	Punch Card for 11 visits
>\$60,000 \$65	\$4.00	\$40.00
>\$50,000 \$60	\$4.00	\$40.00
>\$40,000 \$50	\$4.00	\$40.00
>\$30,000 \$40	\$3.00	\$30.00
>\$20,000 \$30	\$2.00	\$20.00
<\$19,999 \$20	\$1.00	\$10.00

REGISTER:

- **Online** (see page 53) or by **Phone** with a Visa/MasterCard.
- **At the FCC office.**
- **By Mail** (using the form on page 44).

Offerings are filled by a Random Drawing: In an effort to give all families an equal opportunity to register for classes, registrations will be accepted during specified dates and a random drawing will be held to fill classes. ECFE classes and events are open to anyone who wishes to participate, however, Fridley School District residents will be given first priority. You will be contacted only if the class is filled or cancelled. The random drawing for classes will be held on **April 7. After the random drawing, registration is on a first-come, first-serve basis depending on space availability.**

Fees and Scholarships: Registrations are not final until fees have been paid or other arrangements have been made. Resident fee applies to those families living within Fridley School District 14. Non-residents pay a slightly higher fee. A sliding fee scale, based on gross family income, is available. If fees are a problem, please let us know. Scholarships are available. **No one will be turned away because of inability to pay the fee.**

Checks and Credit Card Payment: Checks should be made payable to ISD 14. Online or phone reservations must be charged to VISA or MasterCard. If you use a credit card to register by mail, please give account number, expiration date, and verification number. Registrations held with a credit card will be billed unless the participant cancels prior to the first class session.

Immunizations: Immunization information must be on file for each child participating in ECFE classes or the Creative Play Center.

Sibling Care: Sibling care will be offered for \$4/child/class, when numbers warrant. Please let us know, when registering, if you need sibling care.

School Closing: If K-12 classes are cancelled due to severe weather conditions, ECFE classes will also be cancelled. Listen to WCCO radio, KARE 11 TV, or check the school district website at www.fridley.k12.mn.us (School Closing) for up to date information.

Early Childhood Programs

Parent(s) Attending _____
 Home phone _____ Work/Cell _____
 Address _____ City _____ Zip _____

Children Attending:

1. Name _____ Birthdate _____ 2. Name _____ Birthdate _____
 3. Name _____ Birthdate _____ 4. Name _____ Birthdate _____

Do you or your child have health or other special needs? _____

Do you need sibling care? ☐ Yes ☐ No

Class Number	Class Title	Price
Total Due:		\$

See sliding fee schedule on this page. No one will be denied participation due to inability to pay.

Are you a Fridley School District resident? _____ (If not, non-resident fees apply).

Payment Information: ☐ Check enclosed (payable to ISD 14) Charge My: ☐ Visa ☐ MasterCard

Card Number: _____ Expiration Date: _____

Signature _____

Sliding Fee Scale							
(If you are not a resident of the Fridley School District, please add \$10 to the listed fee.)							
Yearly Gross	Parent/Child classes / 1 day per week				Non-Separating Infant Classes		
Family Income	12 wks	13 wks	14 wks	15 wks	4 wks	6wks	8 wks
\$60,000 or over	\$103.00	\$106.00	\$111.00	\$115.00	\$14.00	\$20.00	\$26.00
\$50-59,000	\$98.00	\$101.00	\$106.00	\$110.00	\$12.00	\$18.00	\$24.00
\$40-49,000	76.00	79.00	82.00	85.00	10.00	15.00	21.00
\$30-39,000	54.00	55.00	58.00	60.00	8.00	12.00	18.00
\$20-29,00	32.00	33.00	34.00	35.00	6.00	9.00	15.00
\$19,999 or less	10.00	10.00	10.00	10.00	4.00	6.00	9.00
Chart A				Chart B			

Yearly Gross	Precious Preschool / 2 days per week			School Readiness/Pre-K		Creative Play Center	
Family Income	12 wks	13 wks	16 wks	2 days/wk	3 days/wk	3-month	Per visit
\$60,000 or over	\$135.00	\$145.00	\$175.00	\$86.00/mo.	\$113.00/mo.	\$65.00	\$4 res/\$5 non-res.
\$50-59,000	\$130.00	\$140.00	\$170.00	\$78.00/mo.	\$103.00/mo.	\$60.00	\$4 res/\$5 non-res.
\$40-49,000	\$93.00	\$103.00	\$128.00	\$62.00/mo.	\$80.00/mo.	\$48.00	\$4 res/\$5 non-res.
\$30-39,000	\$55.00	\$65.00	\$88.00	\$48.00/mo.	\$63.00/mo.	\$35.00	\$3 res/\$4 non-res.
\$20-29,00	\$18.00	\$28.00	\$50.00	\$30.00/mo.	\$37.00/mo.	\$23.00	\$2 res/\$3 non-res.
\$19,999 or less	\$10.00	\$10.00	\$20.00	\$15.00/mo.	\$22.00/mo.		
Chart C			Chart D				

Tiger Club Childcare

Tiger Club offers high quality care for children from infancy to thirteen years of age. Fun activities, learning opportunities, an emphasis on social and emotional growth and a focus on school and community values are core to the Tiger Club programs. The goal is to accommodate working families while providing a secure and caring environment staffed by professional care practitioners.

Four specific programs within the Tiger Club meet the needs of each age group:

► **Itsy Bitsy Tigers (IB Tigers)**, the Infant and Toddler portion of Tiger Club, is located at the Fridley Community Center and are both licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children. For Infants and Toddlers 6 weeks to 36 months of age, a staff to child ratio of one to four with infants and one to seven for toddlers is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories, and outings contribute to a well-rounded development while preparing them for preschool. The hours of operation are from 6:30 a.m. to 5:30 p.m. year round.

► **Tiny Tigers**, the preschool portion of Tiger Club, is located at the Fridley Community Center and is licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children. For preschoolers 3 to 5 years of age, a staff to child ratio of one to ten is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories and outings prepare young ones for their elementary school experience. The hours of operation are from 6:30 am to 5:30 p.m. year round.

► **Tiger Time**, the elementary school component, is for students grades Kindergarten - 4th and is located at both Hayes and Stevenson Elementary Schools. Tiger Time staff are members of Minnesota School-Age Childcare Association (MnSACA) and are trained in child development, "out of school time," and working with families and community members. Tiger Time is open before school at 6 a.m. and after school until 6 p.m. and all day on most non-school days throughout the school year. A full-time summer program is also available.

► **Tigers' Lair**, located at Fridley Middle School, is an ideal place for middle school students. Tigers' Lair offers a variety of activities on a part time and "pick and choose" basis. Participants can explore their interests in fun and challenging activities designed to build confidence and foster independence in a safe, nurturing environment. Tiger's Lair is open before school at 6:30 am and after school until 6 p.m. and all day on most non-school days throughout the school year. A full time summer program is also available.



Children will enjoy:

- Field trips & presentations on school release days
- Daily gym and playground time
- Math and Science activities
- Supervised computer time
- Indoor/outdoor recreation activities
- Crafting
- Art & literature opportunities
- Festivals and Special Events
- Community Service projects
- Creative and dramatic play

Part-time and full-time options are available.

Tiger Club Childcare

Tiger Club Rates

Itsy Bitsy Tigers

Ages 6 Weeks to 16 Months

Full Time Infant Childcare:

Tuition: \$284 per five day week

Ages 16 Months to 36 Months

Full Time Toddler Childcare:

Tuition: \$234 per five day week

Part Time Childcare:

Three to four days per week may be available, depending on current enrollment.

Registration Fee: \$35 per child, required at time of registration. This is a one time, non-refundable and non-deductible fee.

Tiny Tigers

Ages 3-5 years

Full Time Childcare:

Attendance three or more days per week.

Tuition: \$194 per five day week

\$160 per four day week

\$135 per three day week

Registration Fee: \$25 per child, required at time of registration. This is a one time, non-refundable and non-deductible fee.

Contact Information

For more information/questions contact:

Itsy Bitsy (Infants): Wendy Hundt - 763-502-5142

Itsy Bitsy (Toddlers): Christine Haubach - 763-502-5120

Tiny Tiger Preschool (3 yr):
Roxanne Slater-Olsen - 763-502-5130

Tiny Tigers Preschool (4/5 yr):
Cyndee Weber - 763-502-5129

Tiger Time (Stevenson):
Lindsey Crawford - 763-331-1123

Tiger Time (Hayes): Kim Imholte - 763-331-1124

Tigers' Lair: Pam Anderson - 763-331-1121



Tiger Time

Kindergarten - 4th Grade

\$90/week - Full time (AM & PM)

\$70/week - Part time (AM or PM)

(Daily rates also available)

Summer and non school day daily rate is \$33 per child.

Registration fee: \$15 per child, required at time of registration. This is a one time non-refundable and non-deductible fee. *New registration required every school year and the start of every summer.*

Tigers' Lair

5th - 8th Grade

AM only - \$90/trimester

PM only - \$30 punch card good for 10 afternoons

Summer and non school day daily rate is \$33 per child.

Registration fee: \$10 per child, required at time of registration. This is a one time, non-refundable and non-deductible fee. *New registration required every school year and at the start of every summer.*



We are proud to offer 4 star rated preschool programs to prepare your child for school success. We received our four star rating July 2013.

Tiger Club 2014 Summer Program

Looking for a summer program that will keep your kids entertained, challenged and moving all summer long? A program in your neighborhood where they'll be greeted by old friends and definitely make some new ones? Look no further! Tiger Club Summer Program is for Children entering grades K-8. Come join our *Minnesota Summer* and check out all we have to offer!

The Summer Program will be held at the Fridley Community Center 6085 7th Street NE. The program will be open M-F June 16th – August 22nd from 6am-6pm and will be closed *July 4th*.

Summer Rates:

(Ability to register for the days and/or weeks you need)

Grades K-4 - \$33.00/Day

Registration Fee: \$15.00

Summer Tee Fee: \$8

Grades 5-8 - \$33.00/Day; \$16/Half Day (AM or PM)

Registration Fee: \$10.00

Summer Tee Fee: \$8

**There are additional fees for fieldtrips and some add-on activities; however, these are always optional.*

Lunch Program:

**Breakfast & Snack Included every day
(Menu's provided)**

Free M-Th/ June 16-July 17 (*Tiger Club Participates in the Fridley Summer Free Lunch Program*)

\$3.50/day Fridays/June 20-Aug 22 (Pizza Friday!)

\$3.50/day M-Th/July 21-Aug 21 (Hot Catered Lunch)

ONLINE REGISTRATIONS ARE NOW AVAILABLE!

Tiger Club is now online! Our new system will allow you to:

- Register
- Make payments online
- Print Receipts
- Request changes and adds to your schedule
- Maintain and manage all your account information and much more!

Tiger Club will be taking online summer registrations starting March 10th!

For info on how to setup your account please see page 46.

**If you need a paper registration please call 763-502-5135*

For more summer information please contact:

Sally Hanson (Assistant Coordinator) at
763-502-5135 or sally.hanson@fridley.k12.mn.us



Children will enjoy:

- Daily Gym and Playground time
- Daily Supervised Computer time
- Daily Creative and Dramatic Play Time
- Fieldtrips every Thursday
- Open Swim every week
- Weekly Enrichment Opportunities
- Weekly Clubs designed and implemented by Tiger Club Instructors
- Transportation to and from Summer School, Swimming lessons, and other local activities
- Plus additional weekly activities and adventures!

2014 Fieldtrips include:

- MOA Nickelodeon Universe
- Crystal Cave
- Circus Juventas
- Bunker Beach
- Hyland Park
- Valleyfair
- Cascade Bay
- And Many More!

Swimming

Students must provide their own suits and towels. Goggles and pool shoes are optional. It is advisable to leave valuables at home. All classes must meet a minimum of 3 students in order to run. Classes that don't meet the minimum may be combined with the same level at another time or may be cancelled. Student to teacher ratio is 6:1 unless otherwise specified.

CLASS DESCRIPTIONS

Young Swimmer Lessons (Ages 6 month to 6 years)

These lessons are specifically catered to younger ages. All of our young swimmer lessons are 25 minutes in length and have two instructors for more individualized attention. If you have any questions about these lessons please call 763-502-5106.

Parent & Child (Ages 6 months - 4 years)

Provides students an entry into aquatics and teaches parents basic skills for working with children in an aquatic environment. This course emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Students will learn safety entry and exits to and from the water as well as to submerge their mouth, nose and eyes in the water. Parents please note: plastic pants with tight elastic around the leg must be worn in addition to a swim diaper or suit. A parent **MUST** accompany their child in the water. *Student/teacher ratio is 10:2.*

Preschool (Ages 3-4)

In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. Student/teacher ratio is 6:2.

Level 1 - Introduction to Water Skills (5/6 yr olds only)

Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1. *Student/teacher ratio is 6:2.*

Regular Lessons (Ages 5 and up)

Level 1 - Introduction to Water Skills

Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1.

Level 2 - Fundamental Aquatic Skills

Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes.

Level 3 - Stroke Development

Swimmers learn to jump into deep water, diving from kneeling and standing, survival float and back float, front and back crawl, and water safety.

Level 4 - Stroke Improvement

Students will learn to swim under water utilizing the front crawl and backstroke open turns, survival swimming, treading water, and water safety. They will also learn the basics of these strokes: breaststroke, sidestroke, and butterfly.

Level 5 - Stroke Refinement

These lessons teach further coordination and refinement of strokes. Swimmers learn the front flip turn, backstroke flip turn, breaststroke, butterfly, sidestroke, and water safety.

Level 6 - Skill Proficiency/Fitness Swimmer

These lessons refine the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances up to 100 yards. Students will swim to improve their fitness level as they refine their strokes.

Level 7 - Competitive Swimmer Development Course

This course will focus on getting you prepared to take the next to competitive swimming or get you ready for the next swim season. All competitive strokes will be taught and individual improvement will be the focus. We will work on competitive swimming skills like stroke techniques, endurance, starts, and turns. *Student/teacher 15:1*

Female Only Lessons Level 1 or 2

These lessons are reserved for women who, due to religious considerations, require a female only environment for swimming. To determine if you should be in Female Only Level 1 or 2, please see descriptions for Swimming Lessons Level 1 & 2 as these are the basic skills taught in Female Only Level 1, see Levels 3 and above as these are the basic skills taught in Female Only Level 2.

Private Lessons

These lessons will be available for those interested in more focused swim lesson. Instructors will cater the class to meet specific student needs and abilities. Please call 763-502-5106 to schedule a private lesson. Cost is \$15 per 40 minute session.

Swimming

SPRING 2014 SWIM SCHEDULE

Fridley Middle School Pool, 6100 West Moore Lake Drive

Lessons

Saturdays:

Regular Lessons (Ages 5 and up)

Saturdays, April 5 – June 14 (8 sessions) **No class April 19, April 26 or May 24**

Class Time: 40 Minutes **Cost:** \$55

<u>9:30 – 10:10am</u>	<u>10:15 – 10:55am</u>	<u>11:00 – 11:40am</u>	<u>11:45am – 12:25pm</u>
Level 1 #3001A	Level 1 #3001B	Level 1 #3001C	Level 2 #3002D
Level 2 #3002A	Level 2 #3002B	Level 2 #3002C	Level 3 #3003C
Level 3 #3003A	Level 3 #3003B	Level 5/6 #3056A	Level 4 #3004B
Level 4 #3004A			

Young Swimmer Lessons (Ages 6 month to 6 years)

Saturdays, April 5 – June 14 (8 sessions) **No class April 19, April 26 or May 24**

Class Time: 25 Minutes **Cost:** \$44

<u>10:15-10:40</u>	<u>10:45-11:10</u>	<u>11:15-11:40</u>	<u>11:45-12:10</u>
Preschool #3008A	Parent/Child1#3000A	Preschool #3008B	Level 1 (5/6yr olds only) #3001D

Tuesday Evenings:

Regular Lessons (Ages 5 and up)

Tuesday Evenings, April 8 – June 3 (8 sessions) **No class April 22**

Class Time: 40 Minutes **Cost:** \$55

<u>6:30-7:10</u>	<u>7:15-7:55</u>
Level 1 #3001E	Level 1 #3001F
Level 2 #3002E	Level 2 #3002F
Level 3 #3003D	Level 4 #3004C

Young Swimmer Lessons (Ages 6 month to 6 years)

Tuesday Evenings, April 8 – June 3 (8 sessions) **No class April 22**

Class Time: 25 Minutes **Cost:** \$44

<u>6:30-6:55</u>	<u>7:00-7:25</u>
Parent Child #3000B	Preschool #3008C

Female Only Lessons

Thursdays, April 10 – 24 (Female Only)

3 sessions, \$24

<u>6:30– 7:10pm</u>
Level 1 #3009-1
Level 2 #3009-2



Swimming

SUMMER 2014 SWIM SCHEDULE

Fridley Middle School Pool, 6100 West Moore Lake Drive

Lessons

Session 1: Monday – Thursday, June 16 – 26

Regular Lessons (Ages 5 and up) Class Time: 40 Minutes Cost: \$55

<u>9:30–10:10am</u>	<u>10:15–10:55am</u>	<u>11–11:40am</u>	<u>11:45am–12:25pm</u>
Level 1 #3001G	Level 1 #3001H	Level 1 #3001I	Level 1 #3001J
Level 2 #3002G	Level 2 #3002H	Level 2 #3002I	Level 2 #3002J
Level 3 #3003E	Level 4 #3004D	Level 4 #3004E	Level 3 #3003F
		Level 5 #3005A	Level 6 #3006A

Young Swimmer Lessons (Ages 6 month to 6 years) Class Time: 25 Minutes Cost: \$44

<u>9:30–9:55am</u>	<u>10:00–10:25am</u>	<u>10:30–10:55am</u>
Preschool #3008D	Preschool #3008E	Preschool #3008F

Competitive Swimmer Development Course, Class Time: 90 Minutes Cost: \$55

Must have completed Level 6 and/or meet Level 6 prerequisites

7:00–8:30am

Level 7 #3007

Session 2: Monday – Thursday, July 7 – 17

Regular Lessons (Ages 5 and up) Class Time: 40 Minutes Cost: \$55

<u>9:30–10:10am</u>	<u>10:15–10:55am</u>	<u>11–11:40am</u>	<u>11:45am–12:25pm</u>
Level 2 #3002K	Level 1 #3001K	Level 1 #3001L	Level 1 #3001M
Level 3 #3003G	Level 2 #3002L	Level 2 #3002M	Level 2 #3002N
Level 4 #3004F	Level 3 #3003H	Level 4 #3004G	Level 3 #3003I
		Level 5 #3005B	Level 6 #3006B

Young Swimmer Lessons (Ages 6 month to 6 years) Class Time: 25 Minutes Cost: \$44

<u>9:30–9:55am</u>	<u>10:00–10:25am</u>	<u>10:30–10:55am</u>
Preschool #3008G	Parent/Child #3000C	Level 1 (5&6yr olds only) #3001N

Competitive Swimmer Development Course, Class Time: 90 Minutes Cost: \$55

Must have completed Level 6 and/or meet Level 6 prerequisites

7:00–8:30am

Level 7 #3007

Session 2B: Tuesday & Thursday Nights, July 8 – July 31

Regular Lessons (Ages 5 and up) Class Time: 40 Minutes Cost: \$55

<u>6:30–7:10</u>	<u>7:15–7:55</u>
Level 1 #3001O	Level 2 #3002P
Level 2 #3002O	Level 4 #3004H
Level 3 #3003J	Level 5/6 #3056B

Swimming lessons continued on next page...

Swimming

Lessons *Continued*

Young Swimmer Lessons (Ages 6 month to 6 years) Class Time: 25 Minutes Cost: \$44

6:30-6:55pm

7:00-7:25pm

7:30-7:55pm

Parent/Child #3000D

Preschool #3008H

Level 1 (5&6yr olds only) #3001P

Session 3: Monday – Thursday, July 21 – 31

Regular Lessons (Ages 5 and up) Class Time: 40 Minutes Cost: \$55

9:30-10:10am

10:15-10:55am

11-11:40am

11:45am-12:25pm

Level 1 #3001Q

Level 1 #3001R

Level 2 #3002S

Level 3 #3003M

Level 2 #3002Q

Level 2 #3002R

Level 3 #3003L

Level 5/6 #3056C

Level 3 #3003K

Level 4 #3004I

Level 4 #3004J

Young Swimmer Lessons (Ages 6 month to 6 years) Class Time: 25 Minutes Cost: \$44

9:30-9:55am

10:00-10:25am

10:30-10:55am

Preschool #3008I

Parent/Child #3000E

Level 1 (5&6yr olds only) #3001S

Competitive Swimmer Development Course, , Class Time: 90 Minutes Cost: \$55

Must have completed Level 6 and/or meet Level 6 prerequisites

7:00-8:30am

Level 7 #3007

Session 4: Monday – Thursday, August 4 – 14

Regular Lessons (Ages 5 and up) Class Time: 40 Minutes Cost: \$55

9:30-10:10am

10:15-10:55am

11-11:40am

11:45am-12:25pm

Level 1 #3001T

Level 4 #3004K

Level 1 #3001U

Level 3 #3003O

Level 2 #3002T

Level 5/6 #3056C

Level 2 #3001U

Level 4 #3004L

Level 3 #3003N

Level 5/6 #3056D

Young Swimmer Lessons (Ages 6 month to 6 years) Class Time: 25 Minutes Cost: \$44

9:30-9:55am

10:00-10:25am

Preschool #3007J

Level 1 (5&6yr olds only) #3001V

SPRING/SUMMER 2014 SWIM OPPORTUNITIES

Recreational swimming is open to all residents of Fridley District #14 and their guests. All recreational swim participants must furnish their own suits and towels. Valuables should NOT be brought to the pool. Locks may be used but will be removed after each recreational period. Floating toys, face masks, snorkels and other equipment are not allowed. Parents may use coast guard approved floatation for small children in the shallow end only. Children with floatation must have an adult stay with them at all times.

Please note:

Female Only Recreational Swim, when offered, is reserved for those females who, due to religious considerations, require a female only environment for swimming. A regular swimsuit must be worn underneath additional swim wear.)

Swimming

SPRING

Open Swim

Saturdays, 1-3pm, **April 5 - June 14** (8 sessions) **No class April 19, April 26 or May 24**

\$3/person, \$9/family (family of 6, must include 1 adult)

SUMMER

Open Swim

Monday, Tuesday, Thursday & Friday, 1-3pm, **June 16 - August 15** **No open swim June 30 - July 4**

\$3/person, \$9/family (family of 6, must include 1 adult)

Female Only Open Swim

Wednesdays, **June 25 - August 13**, 1-3pm **No open swim July 2**

\$3/person, \$9/family (up to 6 members, must include 1 adult; additional members pay \$3/person)

Fridays, **June 20 - August 15**, 10:30am-12:30pm **No open swim July 4**

\$3/person, \$9/family (up to 6 members, must include 1 adult; additional members pay \$3/person)



Registration Information

Register



Online

To register online, visit our website <http://fridley.feepay.com> and select the Community Education tile that corresponds to the programs or classes you are interested in.

For detailed instructions on setting up a new account see **page 46**.

If you need assistance in setting up your account, please call 763-502-5100.



In Person or by Mail

Register in person or by mail at the location below:



Fridley Community Center
6085 Seventh St. NE
Fridley, MN 55432

Office Hours

Monday – Friday,
8:00 am – 4:00 pm



Phone

Phone in registrations are possible when paying with MasterCard or Visa.
763-502-5100



Fax

Simply fax your registration to us with your MasterCard or Visa information.
763-502-5140

Fees

Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/MasterCard credit cards.

Fee Assistance

Residents of Fridley School District who are unable to pay the full registration fee for classes may request fee assistance by calling 763-502-5100. Some classes may not qualify for fee assistance or may be limited.

Confirmation

You may call to confirm your registration – NO confirmation will be mailed. You will only be notified if the class is cancelled or filled.

Cancellation

Refund requests must be made 24 hours before the first session of the class.

UCare Discount

UCare members may take up to a \$15 discount on most classes listed in this brochure. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and through the duration of the class(es). Members will need to include their ID number when registering. Classes that are not eligible for the discount include homeopathy, high risk activities (rock climbing, etc.), hypnosis, and personal trainers. *Ucare for seniors allows one discount per year.*

Senior Citizen Discount

Community members 62 years and older may attend classes at 10% off of the regular fee unless otherwise noted. This discount does NOT apply to classes offered outside of Fridley.

Satisfaction Guaranteed

Call us if you are not satisfied with any Community Education class.

District Policy

It is our policy not to discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.


Registration Information

Creating Your Online Account

Fridley Community Education is transitioning to a new, online registration system. You will need to set up your family's account in this system to register for any Community Education programs. It is quick and easy! Please follow the directions below to set up your account. If you have questions, please call 763-502-5100.

Login Set-up

1. Go to the software website (<http://fridley.feepay.com>).
2. Select **Sign In** in the upper right hand corner.
3. If you already have a FeePay login, click **Community Education** in the upper left area of the screen. You may also want to select your name in the upper right area of the screen and select **Account Profile** to review and update family and contact information.

Please add any Pre-K children not already listed using the  button. After reviewing and adding family and contact information, you are finished!

-OR-

If you do not already have a FeePay login, select

Register a New Account

NOTE: If you believe you may already have an Account, use the Forgot Password link to have a Password Set Email sent to your email address.

4. Complete the Create an Account form and select

Create Account

-OR-

Sign in using an existing Facebook, Twitter or Google account.

5. Sign Into the FeePay Switchboard using your new login.
6. To facilitate future registrations, add family relationships using the



Add Family Member / Relationship

button. **NOTE:** You will need to add your K-12 Student using their district Student ID to access their Meals Accounts.

7. Once all relationships/family members have been added to your account, select

Community Education

from the upper, left corner of the screen.

8. From the Community Education Dashboard, select **Account**.
9. Please check your email for a *Verification Email* asking you to click to verify your email address to complete your set up.

Use your existing account from...

 Facebook

 Twitter

 Google

Registration Form

Fridley Community Center | 6085 Seventh Street NE, Fridley, MN 55432 | 763-502-5100 | Fax. 763-502-5140

Name _____ Birthdate _____

Address _____ City _____ Zip _____

Home Phone _____ Daytime Phone _____

E-mail Address _____

Driver's License # for Defensive Driving courses _____

Registering: ☐ Self ☐ Child ☐ Family (Family's last name _____)

Please provide names and ages of child/children being registered:

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Class Number	Class Title	Price
UCare Discount (\$15/class) ID# _____		-
Total Due:		\$ _____

Payment Information: ☐ Check enclosed (payable to ISD 14) Charge My: ☐ Visa ☐ Mastercard

Card Number: _____ Expiration Date: _____

Signature _____

CONFIRMATION

Consider yourself registered for the classes that you have signed up for. No confirmation notice will be sent to you. You will be contacted only if the class is full or cancelled.

Fridley Public Schools
Community Education Department
6085 Seventh Street NE,
Fridley, MN 55432

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Superintendent of Schools
Dr. Peggy Flathmann

Director of Community Education
Toni Craft

FRIDLEY SCHOOL BOARD

Fred Bischke
Mary Kay Delvo
Marcia Lindblad
Christopher Riddle
Kim Sampson
Joseph Sturdevant

www.fridley.k12.mn.us



Like Fridley Community Education at:
<http://facebook.com/FridleyCommEd>
Find class updates, special events and more.



Follow Fridley Community Education at:
<http://twitter.com/FridleyCommEd>
Find class updates, special events and more.